COOKING

FILIPINO DISHES

IN AMERICA

DOMINGA L. ASUNCION

Dedicated to
my mother.

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INTRODUCTION

Inspired by the growing population of Filipinos in the United States and abroad, mostly professionals, I conceived the idea of compiling and writihg this cookbook.

In 1938, I had known Enriqueta David Perez, as we were both working for the TVT, now the Manila Times. She was an inspiration to me, and her book was not even published at the time. I used to spend some Sundays with her and she taught me her favorite recipes. From then on, I became interested in learning fancy cooking. I began taking weekend lessons in the art of cooking from my aunt, who had taken courses from Mrs. Lusonhap, a teacher in Chinese cooking and from my cousin Cely Zamora.

Later, I enrolled in the Home Economics Department at the Philippine Women's University, where I intended to take my bachelor's degree. It was very unfortunate that World war II broke out and school closed in 1941. In the later part of 1942, after the occupation of the Philippines by the Japanese, the school re-opened and offered only a number of Home Economics courses. I went back to school at the time with the intention of finishing my degree. Taking Home Economics subjects during the occupation was expensive, as cooking ingredients were not readily available. I was in my third year of college when the school was bombed and had to be closed permanently.

Hindered by bombs, and lack of transportation and schools offering Home Economics, I switched my course to a B.S.E., major in English and minor in Home Economics in order to finish my degree. In 1949 I received my BSE and, in 1951, my MA degrees both at Arellano University.

Determined to still pursue my Home Economics degree, I applied for a scholarship grant in the United States in 1953 to three well known Home Economics schools. Because I was so eager to go to abroad, I took the first school which granted me the scholarship - this was at Oklahoma A & M, now Oklahoma State University in Stillwater, Oklahoma.

In December of 1953, I came to the United States and enrolled at Oklahoma A & M. Little did I know I would be confronted with so many food problems here in the United States.

One day, I was to give a 15 minute demonstration on a very simple recipe from my country. Of course, I chose a dessert, and simple as it was to me, I did not realize the problem I was going to encounter when I could not find a fresh coconut and sesame seeds for my palitao.

After the completion of my MS degree in 1955, I worked at the University Hospitals of Oklahoma City, under Mrs. Mary C. Zahasky. In 1957, I was granted an assistantship by Ohio University State to Work on my PhD. Ever since then I had been working with dietary departments of Hospitals. In June of 1963, I moved to Detroit and headed two Dietary Departments until I joined the Board of Education in September of 1966. To date I am still working with foods in the capacity of dietary consultant to several Nursing homes.

As years went by, more and more Filipinos came to the United States, not only to study and train, but also to live. Only the Chinese, Greek, Mexican, Spanish and some international stores carried some of the ingredients and these could only be found in big cities where many foreignners lived. With the growing needs to meet the demands of these foreign nationals, some big department stores began carrying some gourmet foods. Not until recently when stores expanded their lines were some ingredients made available. To these Filipinos, this book is especially written.

GLOSSARY OF TERMS

Achuete – anatto, red seeds used for food coloring
Ampalaya – amorgoso, bitter melon
Apulid – water chestnut
Arroz – cooked rice
Bangus – milk fish
Basil – aromatic herb
Bay leaf – laurel
Bean sprouts – toge
Bihon – rice sticks
Caldo – broth
Camias – green sour fruit, used mostly in sinigang, comes in cans
Challot – small native onions
Chayote – pear shaped vegetable, with a taste similar to upo or bottle gourd
Dalag – mud fish
Dayap – lime
Dilao – tumeric
Gabi – taro, Chinese potato
Garbanzos – chick peas
Gata – coconut milk
Ginger – luya
Goto – tripe
Hito – cat fish, bullfish
Hoisin – white bean sauce
Kangkong – water cress
Kabute – mushrooms
Kinchay – Chinese celery or substitute American celery
Labong – bamboo shoots
Lihia – lye made from wood ashes
Malagkit – sweet rice flour or glutinous rice
Mike – noodles made from wheat
Misua – fine noodles made from wheat
Miso – Soy bean paste
Mustasa – mustard plant
Oregano – Mexican sage
Panocha – crude sugar, pinuchi
Paminton – paprika
Patani – lima beans
Patis – shrimp sauce
Pechay – Chinese cabbage, baktoy
Peppercorn – whole black pepper
Platanos Verdes – specie of bananas from Mexico, similar in taste to saba and can be used as its substitute.
Rice water – last washing from rice, used for broth.
Saba – specie of bananas from the Philippines
Salitre – Saltpeter, used as a meat preservative
Sampaloc – Tamarind
Season – to complete taste of food by adding salt, patis and pepper
Sesame seeds – linga
Sinkamas – one specie of turnips
Sitao – yard long beans
Snow pea pods – chicharo
Sotanghon – noodles made from soya beans
Soy sauce – toyo, made from soy beans
Tahure – Fermented soy bean cake with red sauce
Tamban – herring
Tapioca – sago
Tausi – fermented soy bean cake
Tinapa – smoked fish
Tokwa – soy bean curd cake
Toyo – soy sauce
Untosinsal – Cold fat
Upo – Gourd or bottle gourd
Wansuey – Chinese parsley coriander
Zuchinni – Italian squash

COOKING TERMS

Bake – *To* cook in the oven at a certain temperature.
Barbecue – To cook meat over an open fire, *indoors or out.*
Baste – To pour or brush melted fat, water, wine, or other liquid over food.
Beat – To mix briskly with a spoon, rotary beater, or electric beater.
Blend – To incorporate several ingredients completely into one another with a spoon.
Broil – To cook under, gas boiler electric range or over open fire or grill, direct heat.
Caramelize – To melt sugar over low heat, stirring constantly with a wooden, spoon, until it turns liquid and browns to the degree desired.
Chop – To cut into fine or coarse pieces, as required by the recipe, with a knife or a special chopper.

Coat – To cover food thoroughly with seasoned flour or with crumbs.

Cream – *To mix fat and sugar together* with the back of a spoon until they are smooth and creamy.

Cube – To cut into small, equal squares.

Crush – To maserate into fine pieces with a pestle, stone, or presser.

Devein – To take out the black substance on the back of shrimps.

Dice – To cut food into very small cubes.

Disjoint – To cut a chicken or turkey, or other bird into pieces at the joints.

Dredge – To cover food completely with a dry ingredients, such as flour or crumbs.

Fillet – To cut a piece of fish or meat into the desired shape, removing all the bones.

Flake – To break food into flat pieces, usually with a fork.

Fold – The gentle combining of two or more ingredients with a spoon, a spatula or the hand.

Fricassee – A stew, or stewing.

Fry – To cook, partly or fully immersed in fat, either in a skillet or deep fat fryer.

Garnish – *To decorate, usually with other* foods.

Grate – To pulverize food by rubbing it against a rough surface like a grater.

Grill – Rack on which food is cooked.

Grind – To reduced food into small particles by friction, as with a grinder, a mortar and pestle or a blender.

Knead – To fold, turn, and press down on a dough with the hands until it becomes smooth and elastic.

Marinade – A mixture of oil, acid (wine or vinegar) and seasonings, in which food is soaked prior to cooking, to season it and sometimes to tenderize it.

Marinate – To soak food in a marinade.

Mash – To press food transforming it to semi solid.

Mince – To cut or chop into very small pieces.

Parboil – *To cook food in boiling water* untill partially done.

Pare – To remove an outer skin. To peel.

Saute – To cook food on top of the range in a small amount of fat.

Shell – To remove a hard outer covering.

Sift – To put dry ingredients through a sieve or a sifter.

Simmer – To cook gently in liquid below the boiling point.

Sprinkle – To spread some solids on food, like salt.

Steam – *To* cook food over boiling water which does not touch it.

Stew – To cook long and slow in liquid.

Whip – To beat rapidly in order to incorporate air and expand the ingredients, such as eggs, cream, and gelatin dishes.

KITCHEN TIPS

1. To completely take out the red color of the achuete, soak in water with a few drops of lye water.
2. During the summer months, pepper leaves, pechay, pea pods, ampalaya and mustard are plentiful and can be frozen. Wash these vegetables, dry and place in freezer bags and freeze.
3. Do not throw away the marinade (liquid) instead add to your cooking in place of water. This will improve the taste of any recipe. You can use this also for braising to keep your meats and poultry moist.
4. Sweet pickle juice can be used for sweet-sour recipes.
5. Cornstarch blends easier than flour and can be used as its substitute.
6. White pepper is preferred rather than black in most recipes.

WHERE TO GET IT

1. Orientex
   142 Castro St.
   Mountain View, California, 94040

2. Detroit Asian Store
   16363 E. Warren
   Detroit, Michigan, 48224

COOKING TERMS

BEEF

Arroz Caldo
Beef Puchero
Beef Puchero Sauce
Beef Steak with Bamboo Shoots
Beef Tapa
Beef Tenderloin Teriyaki
Brain Omelet (Beef)
Cardillo
Carne Asada
Carne Asada
Dila Estofado
Kare-Kare
Kilawin (Tripe)
Meatloaf
Mechado
Morcon
Pamplina
Picadillo
Spaghetti
Sweet-sour Meatballs
Tenderloin Rolls

CHEESE

Manicotti
Cheese Pimiento
Spaghetti Royal

CHICKEN

Chicken Adobo
Chicken Afritada
Chicken Arroz Caldo
Chicken Asado
Chicken Barbecue
Chicken Cacciatore
Chicken Curry
Chicken Noodle Fricassee
Chicken Fried American Style
Chicken Fried Pilipino Style
Chicken Guinataan
Chicken Langlang
Chicken Loaf
Chicken Mandarin Style
Chicken with Fresh Mushrooms
Chicken Paella
Chicken Paprika
Chicken Pastel
Chicken Pastel Pie crust
Chicken with Patis
Chicken Peking Style
Chicken Pesa
Chicken with Pineapple
Chicken Puchero
Chicken Relleno
Chicken Roast
Chicken with Sotanghon
Chicken Stew
Chicken Supreme
Chicken with Sweet Pickle juice
Chicken Sweet-Sour
Chicken Tinola
Chicken Valenciana
Pato Tim (Duck)

FISH & OTHER SEAFOOD

Bangus, Broiled
Bangus, Relleno
Bangus, Sinigang in Guavas
Bangus, Sinigang in Tomatoes
Bangus, Tapa
Bangus, Tocho
Hito, Adobo
Hito with Ampalaya
Escabeche
Lapulapu Escabeche
Lapulapu in Sarsa Blanca
Paksiw
Pesa, White Fish
Pucherong Dalag
Sarciado (Fish)
Tuna Casserole
Tuna Macaroni Bake
Tuna Vegetable Pastel
White Sauce (Fish)

Alimasag, Relleno
Alimasag, Sinigang
Alimasag, Tortilla
Bagoong Guisado
Pusit, Adobo
Shrimps Barbecue
Shrimps with Cashew
Shrimps Guinataan
Shrimp Rolls-Pineapple
Shrimp, Pinsec
Shrimp, Quequian
Shrimp Rebosado
Shrimp Rebosado with Ham
Shrimp, Batter French Fried
Shrimp, Relleno
Shrimp Sauted
Shrimp, Sinigang
Shrimps, Sweet-sour Barbecue

Shrimps, Sweet-sour Sauce
Shrimps, ala Worcestershire
Sio Mai
Talaba, Kilawin

PORK

Almondigas
Bachoy
Carne Frita
Chicharon
Crispy Pata
Dinuguan
Embutido
Kilawin
Lechon
Lechon Sauce
Longanisa
Menudo
Paksiw na Lechon
Paksiw na Pata
Pork Adobo
Pork Inihaw
Pork Inihaw, Hawaiian Style
Pork, Sinigang
Pork Strips
Pork, Tapa
Pork Spareribs
Pork Spareribs , Barbecue
Pork Spareribs, Cantonese Style
Pork, Sweet-sour
Pork Sweet-sour Meatballs
Pork Tenderloin with Pea Pods
Siopao

NOODLES

Pancit Canton
Pancit Guisado
Pansit, Luglug
Pansit, Mami
Pansit, Molo

SALADS

Chicken Salad
Egg Salad
Fruit Salad
Lettuce Salad
Macaroni Salad
Potato Salad
Tuna Salad
Washington Waldorf Mallow Salad

SOUP

Asparagus Chicken Soup
Brain Soup

VEGETABLES

Ampalaya, Sauted
Cabbage, Sauted
Chicharo with Sotanghon
Corn, Sauted
Eggplant, Stuffed
Green Beans, Sauted
Labong, Adobo
Labong, Lumpia
Lumpia, Buquillos
Lumpia Sauce
Lumpia Wrapper, Fresh (1)
Lumpia Wrapper (2)
Lumpia Shanghai
Mongo, Guisado
Pepper, Stuffed
Radish, Kilawin
Sitao, Sauted
Squash, Guinataan

Bulanglang
Chop Suey
Lutong Macao
Ukoy
Pinakbet

PICKLES

Corn Relish
Salted Duck Eggs
Mustasa, Buro
Radish, Achara

DESSERTS

Banana Fritters
Bibingka, Malagkit
Bucayo
Buchi
Budin
Bunuelos
Carioca
Cassava Bibingka
Cuchinta
Ensaimada
Espasol
Gorgoria
Guinatan, Halo-halo
Guinatan, Mais
Guinatan, Mongo
Gulo-gulong Kamote
Inangit
Leche Flan
Maja Blanca Mais
Palitao
Peanut Brittle
Pilipit

Polvoron
Puto Maya
Puto Puti (1)
Puto Puti (2)
Putong Ube
Sinukmani
Yema

Coconut Slims
Choco Roll (pianono)

Lemon Angel Pie
Mocha Diamond Jubilee
Pineapple Coco Teasies
Pineapple Natilla
Rum Cream Pie
Sponge Cake
Sugar Curls
Vanilla Wafers

Condensed Milk Chocolate Icing

SOME 75 USES OF THE STAPLES SALT AND VINEGAR

VINEGAR

1. Vinegar is a fine tenderizer for tough meat or game.
2. To eliminate the "canned" taste from canned shrimps, soak them in a little sherry and 2 tablespoons of vinegar for about 15 minutes.
3. Remove fruit or berry stains from your hands by cleaning them with vinegar.
4. Foolproof pastry and great bread or rolls can be made by adding one tablespoon of vinegar to three tablespoons of ice water. You get a nice crisp crust.
5. For a really fluffy meringue add one fourth teaspoon of vinegar to three egg whites.
6. If you are scaling fish, first rub vinegar all over the slippery thing, it cuts down some of the fishy odor on your hands, too.
7. Add a teaspoon of vinegar to the water in which you are poaching eggs. The whites will stay better formed.
8. A teaspoon of vinegar added to the water in which you boil potatoes will keep them nice and white. You can keep old potatoes from turning dark by the same method.
9. Add a little vinegar to the water in which you cook rice to keep it fluffy and white. It won't get so mushy either.
10. Make your own low-calorie sour cream with one cup of cottage cheese and one quarter cup of skim milk mixed with a teaspoon of vinegar (or more to taste). Blend for a minute or so, mix with a spoon and blend some more. Yummy on a baked potato.
11. Dampen your cleaning rag in vinegar and water and use it to wipe your oven. It will help prevent grease build up.
12. If you get lime deposits in your teakettle, heat some vinegar in it and let stand overnight, then rinse out the next day.
13. If you want to remove oil from canned sardines or tuna pour a small amount of vinegar into the open can. Let it stand for a while and then drain off the oil and vinegar together.
14. When you have to wash something greasy or smelly, a few tablespoons of vinegar in the dishwasher will cut down the grease and help remove the odor.
15. If you are making a mint sauce, keep the chopped or crushed leaves from turning brown by sprinkling with a little vinegar.
16. Use a mixture of sale and vinegar to clean out the coffee and tea stains from your china cups.
17. When you wash out your breadbox, keep it smelling sweet by using a vinegar- water solution, it will help to retard mold, too.
18. Use vinegar to cut the sugary sweetness and bring out the flavor in desserts such as pecan pie or maple syrup pie. About a teaspoon will do it.
19. A little vinegar added to the rinse water will eliminate dull soap film from glassware and make it shine.
20. Vinegar is also great for beer glasses. Always wash them separately and rinse in vinegar water.
21. Add a tablespoon of vinegar to the fat (before it is heated) you are going to use for deep fat frying, it will keep the food from absorbing too much fat and eliminate the greasy taste.
22. When you boil beef make sure to add about a tablespoon of vinegar to the water to soften the fibers and make it tender.
23. Like to save peanut butter and mayonnaise jars for storage? Make sure you rinse them with vinegar before rinsing them to eliminate the odor of the former contents.
24. Boil a little vinegar on the stove to eliminate unpleasant cooking odors.
25. Lunch boxes get a heavy stale smell once in a while don't they? Dampen a piece of fresh bread with vinegar and put it in the lunch box overnight.
26. If you run out of lemon for your fried or broiled fish, try sprinkling a little vinegar on it.
27. When you do not cook potatoes immediately after they are peeled, cover them with water and add a few drops of vinegar to keep them from discoloring.
28. Add a little vinegar to the water in which you boil a ham, it will draw out some of the salty and improve the flavor.
29. To get a nice shiny top on your homemade bread, take it out of the oven when it is almost baked, brush the top with vinegar, return to the oven for a few minutes and viola!
30. You can make buttermilk or sour milk simply by adding two teaspoons of vinegar to each cup of sweet milk.
31. Cake icing can be prevented from becoming

sugary if you add a little vinegar to the ingredients before cooking. This is also good when you are making homemade candy.

32. If you are going to boil a cracked egg, add a little vinegar to the water and the white will not run out.
33. A little vinegar added to the water in which you boil cabbage or beets will help the vegetables to retain their pretty bright colors as well as cut down the cooking odors.
34. If you are going to store an uncooked ham, rub a little vinegar on the cut end to keep mold from forming.
35. Frustrating when you can't get that last bit of mayonnaise or salad dressing out of the jar, isn't it? Just dribble a little vinegar into the jar, put the cap on tightly and shake.
36. To tenderize a tough steak, make a mixture of vinegar and oil and rub it in well. Let it stand for about 2 hours and the chuck steak you want to barbecue will taste great.
37. If you want to stew an old hen, let it soak in vinegar water for several hours before you cook it. It will taste like a spring chicken.
38. Try soaking fish in vinegar and water before cooking. You'll find that it is sweeter, more tender and holds its hape better. Boiled or poached fish won't crumble so easily if you add a tablespoon of vinegar to the water.
39. Place a cauliflower in cold, cold water, flouerets down, to soak before cooking and it will draw out insects so that you can cook it whole. Place it down for cooking and add just a teaspoon of vinegar. The result no scum and a lovely white head of cauliflower.
40. To perk up wilted vegetables, use the above mixture.
41. Add a teaspoon of vinegar to any gelatin recipe in the hot summer months to keep molded salads or desserts from melting away before your eyes.
42. To prevent a jar of jam or jelly from spoiling, soak a cloth in vinegar and place over the top of the jar before you close the lid.
43. To keep cheese fresh and moist, wrap it in a cloth dampened in vinegar and then put it into an air-tight wrapping or container.
44. If you can fruits or vegetables wipe off the outside of the jars after they are sealed with a solution of vinegar and water, it will keep mold from appearing if you have a damp storage area.
45. Some people sip a glass of water with a teaspoon of cider vinegar added to it with each meal. They claim it keeps their weight down.
46. If you have some wine that you were going to throw out. For red wine vinegar add to a cup of red wine two tablespoons of red wine vinegar. Let it stand uncovered for 24 hours or more - at room temperature. Use the same process for white wine vinegar.

SALT

1. Egg stains can be removed from silver if you sprinkle salt on the piece and rub with a wet cloth.
2. Pour an ordinary hot salt-water solution down a drain once or twice a week to prevent offensive odors. The salt won't harm garbage disposals or other metals.
3. Add a pinch of salt to heavy cream to make it whip better.
4. If you like your grapefruit without sugar, sprinkle a little salt on it, it helps to bring out the natural flavor and cuts down any bitterness.
5. Add some salt to the water in which you boil eggs and if they crack the white won't weep out.
6. If you are in a hurry for boiling water, add to hasten the process.
7. If your homemade fudge or taffy or peanut brittle tastes too sweet add a little more salt. Salt offsets oversweet flavors.
8. A strong hot brine poured down the kitchen crain will prevent grease from collecting.
9. A little salted water mixed into the flour to thicken your cream gravies and stews will help to prevent lumps.
10. When you place a gelatin mold in water to cool, add a little salt and baking soda to the water. The gelatin will firm more quickly.
11. When making cranberry or apple sauce you can save sugar by adding a little salt.
12. You can keep butter firm without ice by wrapping it in a cloth wrung out in salt water.
13. Foods and fresh meats which can't be refrigerated can be preserve temporarily by covering them with salt.
14. Whole nutmeats can be removed easily from their shells if you soak them overnight in salt water.
15. When using a double boiler put some salt in

the lower half and food will cook faster.

16. Sprinkle a little salt in your frying pan to prevent grease from splattering.
17. To prevent fish from sticking to the frying pan, heat the pan, rub with salt real well, rinse and you can be sure no fish is going to stick to your frying pan.
18. To fry a grease-free hamburger use nothing but a sprinkle of salt on the bottom of your frying pan. Cook over moderate heat.
19. Salt place under the bottom of baking pans in the oven will keep them from scorching.
20. You can cool hot pudding quickly by placing the dish in cold salt water.
21. When you have to chop parsely add a little salt to it, it will chop more easily.
22. Add a pinch of salt to fresh milk to keep it sweet for a longer time.
23. A little salt sprinkled on your pan will keep fish cakes from sticking and not add to the salt taste.
24. When preparing something slippery, like fish, wet your hands and then dip them in salt. Makes your grip better.
25. Use salted water to poach eggs and the white will firm more quickly.
26. Use salted water in which you clean vegetables to remove dirt and other impurities.
27. When beating eggs, add salt to them and they will beat more quickly.
28. Fried apples will candy nicely if you add a small amount of salt to the pan.
29. Salt sprinkled on melon or cantaloupe brings out the sweetness without adding calories.
30. If you pour a glass of beer and it is flat, sprinkle a little salt in it (not too much) and you'll see a hear rise in a second.

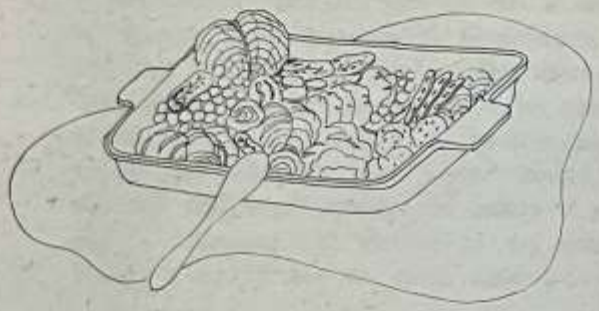
Source: Lady's Circle, Oct. 1971

ARROZ CALDO-GOTO (Tripe)

2 cups tender goto
1 small onion, diced
1 cup rice
2 tablespoons patis
1 teaspoon accent
2 cloves garlic, crushed
3 tablespoons chopped green onions
1 pinch white pepper

Clean the goto and simmer until very tender. Cut into serving pieces. Set the broth aside. Saute the garlic, onion, goto and the patis. Add the liquid from the goto, then the rice and cook until the rice is very well done, season with white pepper.

Sprinkle with browned garlic and green onions **before serving.**



BEEF PUCHERO

1-2 lbs. beef round
1 Chorizo de Bilbao
6 cups water
1/2 med. sized cabbage
1 Mexican banana
1 bunch green onions
1 potato
1/4 lb. green beans
1/2 can garbanzos, peeled
1 small onion, cut in quarters
1 clove garlic, crushed
1 teaspoon accent
8 peppercorns
Salt to taste

Clean the beef and cut into serving pieces. Simmer the beef until it is tender. Set aside broth.

Boil the banana separately from the potato and peel. Cut the potato in quarters and the banana in serving pieces.

In a sauce pan or large skillet, brown the garlic, add the beef, garbanzos and the accent. Push this mixture to one side of the skillet, add the broth, green beans, cabbage, green onions and the quartered onion. Simmer until the vegetables are done. Season with accent and salt to taste.

When ready to serve, garnish with the banana and potato.

BEEF PUCHERO SAUCE

1 medium sized eggplant
1/2 Mexican banana, boiled
1 small sweet potato, boiled
1/4 cup white vinegar
1 clove garlic, crushed fine
Salt and pepper

Boil the eggplant and remove the skin. Peel the Mexican banana and the sweet potato. Mash the 3 ingredients together, add the vinegar, garlic, salt and pepper.

Serve with beef puchero.

BEEF STEAK WITH BAMBOO SHOOTS

1/2 can bamboo shoots
1/2 lb. beef steak (sirloin, round, fillet)
1 green pepper
1/4 cup diced onion
1 clove garlic, crushed
2 tablespoons soy sauce
1 teaspoon accent
1/4 cup water
Salt and pepper
1 carrot, cut in strips

Cut steak in long narrow strips, 2 inches long. Do the same to the bamboo shoots.

Saute garlic, onion and beef. Cook enough to turn meat brown about 5 minutes. Set aside. Cook bamboo shoots, green pepper cut in strips, about 5 minutes. Add soy sauce, accent. Mix the sauted beef, add water, salt and pepper and cook another 5 minutes.

BEEF TAPA

1 lb. beef, sliced thin
3 cloves garlic crushed
1/4 cup white vinegar
Salt and pepper

Marinate the beef in vinegar, garlic, salt and pepper overnight. Dry in the sun.

BEEF TENDERLOIN-TERIYAKI

1 lb. beef tenderloin
1 1-inch cut fresh ginger, crushed
1/4 c. soy sauce
4 tablespoons honey
1 clove garlic, crushed
1 teaspoon accent

Slice beef tenderloin in very, very thin 1 inch strips.

Marinate in the garlic, ginger, soy sauce honey and accent mixture overnight.

Broil over charcoal and baste with the marinade sauce.

BRAIN OMELET

1 lb. calf brain
1 egg
Salt and pepper

Clean and peel the membrane off the brain. Separate the yolk from the white of the egg. Beat the whites until stiff, add the yolk. Add the cleaned brain cut in serving pieces and fry.

CARDILLO

1 white bass
1 clove garlic, crushed
1/4 onion, sliced
1 med. sized tomato, sliced
2 eggs
1/2 c. water
Salt to taste

Clean the fish and cut into serving pieces. Salt and fry. Set aside. Saute the garlic, onion, tomatoes and salt to taste. When the tomato is done, add the water, simmer 5 minutes, then drop the fried fish. Beat the eggs, add to the fish and remove from heat.

CARNE ASADA (Beef)

1 lb. tenderloin
1 lemon
1/4 c. soy sauce
1/4 c. cooking oil
1 large onion

Slice beef tenderloin in thin serving pieces. Marinate in lemon juice and soy sauce. Fry beef tenderloin in cooking oil, just enough to cook on each side. Do not overcook. Place marinade in the pan and simmer about 5 minutes. Place onion (cut in rings) in marinade, just enough to wilt. Serve on top of beef tenderloin.

CARNE ASADA (Beef)

1 lb. beef round
1/4 cup diced tomatoes
8 peppercorns
1 bay leaf
2 cloves garlic
1/4 cup vinegar
2 onion, quartered
2 med. sized potatoes, quartered
1 tablespoon paprika

Cook the beef that has been cut into serving pieces with the pepper, salt, garlic, bay leaf, vinegar and water. When the liquid has partly evaporated, add the paprika and continue to cook until the meat is brown. Add some more water until the beef is tender, add the tomatoes, potatoes and onions and continue to simmer until almost dry.

ESTOFADONG DILA

1 ox or beef tongue
1 can tomato sauce
1 clove garlic
8 peppercorns
1 med. sized onion, quartered
1 can of mushroom pieces
1/4 c. white vinegar
2 tablespoons sugar
Salt and pepper

Scald the tongue and remove the outer skin. Saute garlic and onion. Add tomato sauce and tongue. Bring to boil. Add remaining ingredients. Lower fire and simmer until the tongue is tender, and liquid has evaporated.

KARE-KARE

1/2 lb. tripe
1 ox tail
2 med. sized eggplants
5 yard long beans (sitao)
1 tablespoon achuette
1/4 cup peanut butter
1/4 c. toasted rice flour
Salt to taste

In a pressure cooker, place tripe and ox tail and cook until tender. Set aside. Slice the eggplant in serving pieces, cut the sitao 2 inches long. Soak the achuette in 1/2 c. water with a few drops of lye water to extract the juice. Drain. Add the vegetables to the tripe and ox tail, season with salt. Add the peanut butter and the toasted rice powder.

KILAWIN TRIPE WITH RADISH

2 medium sized radishes
1/2 lb. tripe
1/2 c. white vinegar
1 clove garlic, crushed
1 med. sized tomato, chopped
1 med. sized onion, chopped
1/2 c. water
1 teaspoon accent

Simmer the tripe until tender, cut in bite size pieces. Set aside.

Peel radish and slice in short thin pieces. Saute the garlic, onion, tomato. Add the tripe cut in bite pieces, and the radish and simmer until the radish is tender. Season with salt and pepper.

MEATLOAF

1 lb. ground beef
1/4 c. chopped onions
2 eggs
1/2 c. bread crumbs
1 teaspoon accent
1/2 c. fresh milk
Salt and pepper

Combine the above ingredients and place the mixture in a well greased loaf pan. Bake in a moderate oven for 1-1/2 hours until meat is done.

MECHADO

2 lbs. beef round
2 cloves garlic, crushed
1 onion, sliced
2 med. sized potatoes, cut in quarters
2 tablespoons soy sauce
8 peppercorns
1 small can tomato sauce
1 bay leaf
2 cups water
Juice of one lemon
Salt and pepper

Cut beef in serving pieces and brown in cooking oil. Set aside. In another container, saute the garlic, onion and the tomato sauce. Add meat, cover, cook slowly in low heat, about 20 minutes. Add the lemon juice, soy sauce, peppercorn, potato, bay leaf and salt. Continue to cook a few more minutes until the meat is tender and the liquid has evaporated. Before serving, pour strained sauce over the meat.

MORCON

2 lbs. beef sliced 3/4 inch thick, but in one piece
1 can Vienna sausage
2 tablespoons lemon juice
6 sweet pickle (gherkins) pieces
2 hard boiled eggs
4 strips of bacon
2 slices sharp cheddar cheese
4 tablespoons cooking oil
3 bouillon cubes
1 teaspoons accent
3 cups water
Salt and pepper

Slice the beef thin about 12x16x1/4 inch thick. Marinate the beef in lemon juice and soy sauce. Arrange the Vienna sausage, sweet pickles, hard boiled egg, bacon and cheddar cheese on the marinated beef. Roll and tie with a string. Dredge in flour and fry in cooking oil until brown. Transfer to a saucepan and add water, bouillon cube. Season with salt, pepper, accent and simmer until the beef is tender.

When ready to serve, slice crosswise and arrange in a serving dish. Pour the sauce from the meat on top.

PAMPLINA

1 lb. tripe
2 med. sized potatoes
1/2 can pimientos, cut in small pieces
1 med. sized onion, diced
1 clove garlic, crushed
4 tablespoons olive oil
1 med. sized can garbanzos
Accent
Salt and white pepper

Boil tripe and cook until tender. Cut into small pieces and set aside. Saute the garlic, onions, tripe and the garbanzos. Cut the potatoes in 1 inch thin, narrow strips then add to the sauted tripe and cook till done. Add the pimiento last and season with accent, salt and pepper.

PICADILLO

1/2 lb. ground beef
1 med. sized tomato, chopped fine
1 clove garlic, crushed
1 med. sized onion, chopped fine
1 potato, cut in small cubes
3 cups water
Salt and pepper

Saute the garlic, onion, tomato, ground beef, and season with salt to taste. Cover and simmer until the meat is done. Add the water and the potato and continue to cook until the potato is done. Add more salt if needed.

SPAGHETTI

1 Box spaghetti
3 lbs. ground beef
1 large onion, chopped
1 clove garlic, crushed
1 large can tomato juice
1 large can tomato sauce
Salt and pepper
Accent
1/4 green pepper, chopped
Parmessan Cheese

Saute garlic, onion and meat in a pan and cook until meat is tender. Add the tomato juice, tomato sauce, salt, pepper and the green peppers and simmer for 1-2 hours. Add tomato sauce if necessary.

When ready to serve, boil spaghetti in salt water and when the noodles are done, rinse in water and drain. Pour sauce over spaghetti and serve with Parmessan cheese on top.

SWEET AND SOUR MEATBALLS

2 tablespoons corn starch
2 tablespoons sugar
1/2 teaspoon accent
1 chicken bouillon cube
1/2 cup water
1/3 cup vinegar (white)
1 cup pineapple juice
2 tablespoons soy sauce
1 tablespoon butter
1/2 lb. cooked meat balls (fried)
1/2 lb. cooked shrimps
1/2 lb. chicken liver, gizzards, cooked

Combine first 9 ingredients, cook and stir until mixture comes to a boil. Add meat balls, shrimps, chicken livers and gizzards and simmer 5 minutes.

TENDERLOIN ROLLS

1 lb. tenderloin
4 tablespoons soy sauce
1/4 teaspoon accent
6 sausages - Vienna
4 eggs
1 box seedless raisins
Sweet gherkin pickles

Cut tenderloin in long flat pieces. Marinate in soy sauce and accent. Separate eggs. Make a thin omelet with yolks. Do the same with the egg whites. Spread the tenderloin with the yolk and whites. Arrange the sausage, pickles and raisins, then roll. Seal with a toothpick. Simmer in a small amount of water till done. Serve with sauce:

1 cup water
1 onion, sliced
2 tablespoons tenderloin broth
2 tablespoons flour
2 tablespoons butter
1 tablespoon soy sauce
Salt and pepper

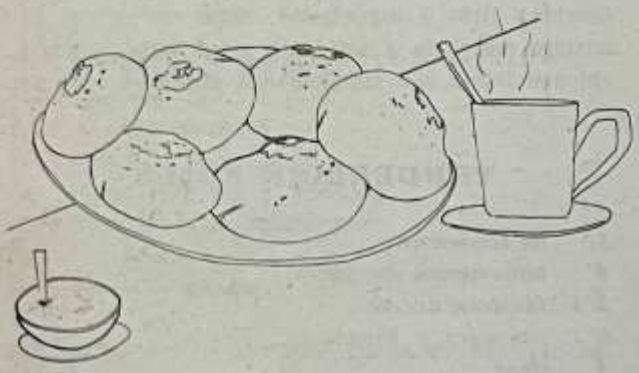
Mix all ingredients and simmer. Pour over tenderloin rolls. Garnish with green pepper strips.

DO NOT OVERCOOK TENDERLOIN.

TENDERLOIN WITH PEA PODS

1/2 lb. tenderloin of beef cut in thin bite size pieces
1 clove garlic, sliced thin
1 med. sized onion, diced
1 inch sized fresh ginger, sliced thin
1/4 lb. snow pea pods (Chicharo)
2 tablespoons soy sauce
1/4 c. water
1 tablespoon cornstarch
Salt and pepper

Saute the garlic, onion, ginger, and cook the thinly sliced beef about 5 minutes. Add the cornstarch mixed with the soy sauce and water. Lastly add the pea pods and the salt and pepper, cover, cook about 5 more minutes and remove from beat. Do not overcook.



SIOPAO

1 package yeast
3 cups flour
1/4 c. sugar
1 teaspoon salt
1/2 c. milk
1/2 c. water

Dissolve yeast in lukewarm milk and water. Add dry ingredients and knead until smooth. Let rise. After the dough has risen, it is ready to be filled.

Filling

1 hard boiled or salted egg
2 Chinese sausages, cut in small pieces
1 small onion
1 clove garlic, crushed
1/2 c. water chestnut, chopped
1/2 lb. pork cut in small pieces
1/2 cup cooked ham cut in small pieces
2 tablespoons patis

Saute the garlic, onion, chestnut, sausage, pork ham, and season with patis. Simmer until all ingredients are done. Add 1/4 c. water with 1 tablespoon cornstarch to thicken.

Place the filling on flattened dough about 1/4 cup size, seal by twisting end of dough. Steam for about 10-15 minutes. Serve with the gravy from the filling.

MANICOTTI WITH CHEESE FILLING

Manicotti – *6 eggs, room temperature*
1½ cup sifted flour
1/4 teaspoon salt
1/2 cup water

Sauce – *1/3 cup olive or salad oil*
1½ cup finely chopped onion
1 clove garlic, crushed
1 can (2-3oz) tomato undrained
1 (6 oz) tomato paste
2 tablespoons chopped parsley
1 tablespoon salt
1 tablespoon sugar
1 teaspoon dried oregano
1 teaspoon basil leaves
1/4 teaspoon pepper

Filling – *2 lbs ricotta cheese*
1 package (8 oz) mozzarella cheese diced
1/3 cup grated parmesan
2 eggs
1 teaspoon salt
1/4 teaspoon pepper
1 tablespoon chopped parsley
1/4 cup parmesan cheese

Manicotti – Combine 6 eggs and flour, then add water and salt. Blend well until smooth. Let stand 1/2 hour. Heat an 8 inch skillet.

Pour 3 tablespoons butter, rotate skillet quickly to spread evenly over bottom. Cook until top is dry and bottom is not brown. Cool in a wire rack. Stack manicotti with wax paper in between.

Preheat oven 350°

Make filling by combining in a large bowl all ingredients except the last 1/4 cup parmesan cheese. Blend well by beating with wooden spoon. Spread 1/4 cup filling in center of manicotti and roll up.

Place rolled manicotti in a 12x8 baking dish, same side down in single layer, cover with sauce, sprinkle with parmesan cheese. Bake uncovered 1/2 hour until bubbly.

CHEESE PIMIENTO

1/2 lb butter
1 lb grated cheese, Cheddar
1 small bottle chopped pimiento

Soften the butter, add the cheddar cheese and the chopped pimiento.

Keep refrigerated. Take out of refrigeration about 20 minutes before using.

SPAGHETTI ROYAL

1 small box spaghetti
1 can mushroom pieces
1/2 cup Parmesan cheese
1 med. sized onion, chopped
1 small can tomato paste
Dash of garlic powder
Salt and white pepper

In a quart pan, boil some water with a pinch of salt. When the water is boiling, add the spaghetti and cook till done. Stir occasionally to keep from sticking. Drain.

Saute the onion, mushrooms, tomato paste, spaghetti and add a dash of garlic powder. Add the parmesan cheese, season with salt and pepper to taste. Add more cheese before serving.

CHICKEN ADOBO

1 Chicken
1/2 c.White vinegar
1½ Cups water
2 cloves garlic - crushed
Salt and pepper

Clean chicken and cut into serving pieces. Place in a skillet or pan. Add vinegar, crushed garlic, salt, pepper and water. Simmer and cook slowly, until all liquid has practically evaporated and chicken is done and has turned brown.

CHICKEN AFRITADA

1 chicken
1 clove garlic - crushed
1/4 c.chopped onions
1/4 c.white vinegar
1 Bay leaf (laurel)
1 small can tomato sauce
8 peppercorns (whole black pepper)
1 small can pimiento
2 medium size potatoes cut in cubes
1 teaspoon accent
1 teaspoon pepper
2 teaspoons salt

Clean chicken and cut into serving pieces. Simmer in vinegar, garlic, onion tomato sauce, bay leaf, peppercorn, salt, pepper, accent and water. Cook until half done, then add the cubed potatoes and the pimiento. Continue to cook until potatoes are done.

CHICKEN ARROZ CALDO

1 small chicken
1 cup rice
1 square inch fresh diced ginger
2 cloves garlic - crushed
1 small onion - diced
2 tablespoons cooking oil
2 tablespoons patis
5 cups water
1 teaspoon accent
casuba

Clean chicken and cut into serving pieces. Partially cook the rice. Saute the garlic, onion, ginger, chicken and season with patis. Simmer until the chicken is done. Add the rice and the water to the sauted ingredients and continue to cook until the rice is done. Add accent and casuba. Garnish with chopped green onions before serving.

CHICKEN ASADO

1 chicken
1 small can tomato sauce
1/4 c.chopped onions
1 clove garlic- crushed
1 small can cut up mushrooms
8 peppercorns (black whole pepper)
1/4 c.vinegar (white)
1 bay leaf (laurel)
Salt and pepper to taste

Clean chicken and cut into serving pieces. Simmer in vinegar, tomato sauce, garlic, onion, peppercorn, salt, pepper and put enough water to cover chicken. Cook until practically all liquid has evaporated. Add mushrooms, and continue to cook 5 more minutes. Garnish with fried cubed potatoes and pimiento strips.

CHICKEN BARBECUE

1 chicken
1/2 c.barbecue sauce
2 tablespoons soy sauce
2 tablespoons lemon juice
1 teaspoon accent
Salt and pepper to taste

Clean chicken and cut into serving pieces. Marinate in soy sauce, lemon juice, accent, salt and pepper for about one hour

Broil in oven at 375° in a roaster. To keep the chicken from sticking to roaster, use a roaster rack. Brush the chicken with the barbecue sauce every now and then, until chicken is done.

CHICKEN CACCIATORE

1 chicken
1/2 c.tomato sauce (med. size)
1/2 c.water
1 tablespoon oregano
1 small onion - chopped
1 clove garlic - crushed
1/4 c.chopped green pepper
1 teaspoon accent
Salt and pepper to taste

Clean chicken, cut into serving pieces and deep fat fry until brown. Set aside. Saute garlic, onion, tomato sauce, green pepper, oregano, accent salt and pepper. Add the chicken and 1/2 c water, simmer until liquid has partly evaporated.

CHICKEN CURRY

1 chicken
1/2 teaspoon curry powder
1/2 c. coconut milk (fresh, frozen or canned)
1 onion - chopped
2 tablespoons margarine
1 teaspoon accent
Salt and pepper to taste

Clean chicken and cut into serving pieces. Fry and set aside. Brown onion, add chicken, curry powder, coconut milk and cook until chicken is done and sauce becomes thick. Add the accent, salt and pepper to taste.

CHICKEN NOODLES FRICASSEE

1/4 c butter
1 chicken fryer, cut up
1 package Chicken Noodle Soup Mix (knorr)
2 1/2 c. water
1/4 c. All Purpose flour
1/2 water

Melt butter in a large skillet. Add the chicken and cook over medium heat, until chicken is lightly browned. Combine soup mix and add 2½ c water. Pour into the skillet. Cover and simmer until chicken is tender, about 30 minutes. Remove chicken. Blend flour and 1/2 c water, stir into mixture in skillet. Cook, stirring constantly until mixture is thickened and smooth. Add chicken, heat.

CHICKEN FRIED (American Style)

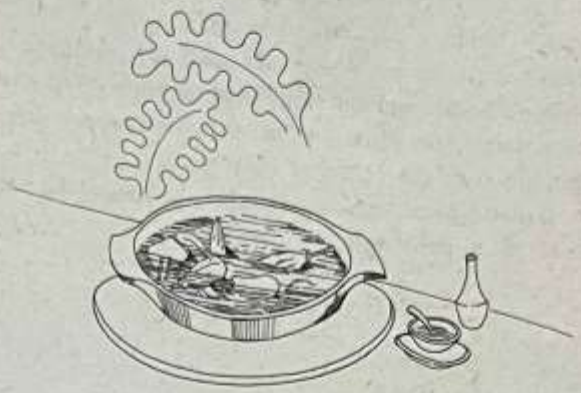
1 chicken cut in quarters
1/2 c. flour
1 teaspoon paprika (Paminton)
1 teaspoon accent
Dash of garlic powder
Salt and pepper

Cut chicken and clean. Dry very well with paper towel. Combine flour, paprika, accent, garlic powder, salt and pepper. Roll chicken parts in the flour mixture and deep fat fry.

CHICKEN FRIED (Filipino Style)

1 Chicken
1/4 c. vinegar (white)
1 cup water
1 teaspoon accent
2 cloves garlic, crushed
Salt and pepper

Clean and cut chicken into serving pieces. Simmer in vinegar, water, garlic, salt, accent and pepper until almost done. Drain excess liquid. Deep fat fry chicken until brown.



CHICKEN GUINATAAN

1 chicken cut into serving pieces
1/4 c. white vinegar
2 cloves garlic, crushed
1/2 c. water
1 can coconut milk (fresh, frozen or canned)
Salt and pepper

Cut and clean chicken. Place in a sauce pan and add salt, pepper, vinegar, garlic, water and coconut milk. Cook over low heat until practically all liquid has evaporated and sauce remains.

CHICKEN LANG-LANG

1 chicken
1/2 lb. shelled & deveined shrimps
1/2 c. dried mushrooms
1 small package sotanghon
1 small onion, chopped
2 cloves garlic, crushed
2 tablespoons patis
1/4 lb. snow peas (sitsaro)
1 teaspoon accent
Salt and pepper to taste

Clean chicken and cut into serving or bite size pieces. Soak dried mushrooms and sotanghon separately in water. Cook chicken in water in covered sauce pan.

Fry garlic and set aside half for garnish. Add onions, shrimps, chicken, salt, pepper, and accent. Simmer chicken in broth, then add the sotanghon, mushrooms and season with patis to taste. Add the snow peas last. Bring to a boil. Before serving, sprinkle with the reserved fried garlic.

* If snow peas are not available, cabbage can be used as a substitute.

CHICKEN LOAF

Meat of 1 chicken
1 lb. ground pork
1 chorizo (sausage)
1 onion
4 seedless tomatoes
4 eggs
1 cup bread crumbs of 1/4 c oatmeal
1 teaspoon garlic
1/2 c. milk
Salt and pepper

Clean the chicken and grind the meat with the sausage, onion, tomatoes and mix thoroughly with the bread crumbs or oatmeal. Add the eggs, salt, pepper, milk and garlic. Place in a well greased loaf or pyrex bread pan. Bake in a moderate oven until loaf is firm but not dry. Slice before serving.

CHICKEN MANDARIN STYLE

1 chicken
1/4 c. fresh ginger, chopped fine
1/8 c. fresh garlic, chopped fine
1 teaspoon accent
2 tablespoons cornstarch
1 tablespoon soy sauce
1/4 c. water
Salt and pepper to taste

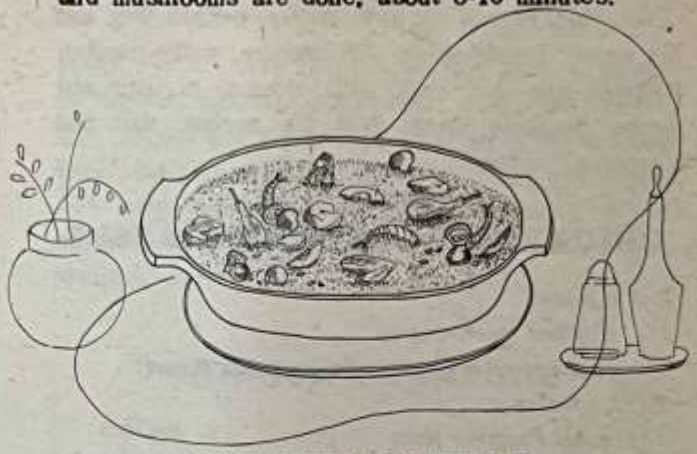
Clean chicken and cut into serving pieces. Deep fat fry until done. Set aside. Fry garlic and ginger.

In a sauce pan, place the fried chicken, fried garlic, and ginger and cover with enough water and simmer about 5 minutes. Thicken with the mixture of the soy sauce, 1/4 c water and cornstarch. Pour the mixture over the chicken, blend very well and cook 5 more minutes.

CHICKEN WITH FRESH MUSHROOMS

2 chicken breasts
1 lb. fresh mushrooms
1 clove garlic, crushed
1/4 c. chopped onions
1 tablespoon patis
1 teaspoon accent
Salt and pepper to taste

Clean chicken breasts and cut into small pieces. Saute garlic, onion, chicken and season with patis, salt, accent and pepper. Add the cut up murhrooms and about 1/4 c of water and simmer until chicken and mushrooms are done, about 8-10 minutes.



CHICKEN PAELLA

1 chicken
2 large onions
1 can tomato paste
1 teaspoon paprika
1 medium size head of garlic
1/2 c. canned drained peas
1 sweet red pepper
2 cups rice
6 boiled large shrimps with shells
2 crabs, boiled and quartered
10 shelled clams, boiled in 2 cups water
3/4 c. Mazola Oil

Clean chicken and cut into serving pieces. Fry in oil and set aside. Boil clams and set aside with the liquid. Partially cook the rice. Saute garlic, onions and the chicken. Add the tomato paste, paprika, sweet pepper, and the water from the clams. Add the rice and simmer to completely cook the rice and the liquid almost evaporated. Add the rest of the ingredients and continue to cook over low heat until all the liquid has evaporated. Add salt and pepper to taste.

CHICKEN PAPRIKA

1 chicken
2 tablespoons fat or oil
1 tablespoon paprika
1 teaspoon garlic powder
2 tablespoons soy sauce
Salt and pepper

Clean chicken and cut into serving pieces. Place in a broiler pan. Sprinkle chicken with the mixture of paprika, garlic powder, salt and pepper. Brush with a mixture of soy sauce and oil. Broil until both sides of chicken are brown and done.

If chicken wings are available, they make good serving pieces.

CHICKEN PASTEL (Pie)

1 chicken fryer meat
1 chorizo de Bilbao (Sausage)
1 can Vienna Sausage
1 small can drained peas
1 lemon or lime
3 tablespoons soy sauce
2 hard boiled eggs - peeled
6 tablespoons butter
1 teaspoon accent
Salt and pepper

Clean chicken and cut into small bite size pieces. Marinate in soy sauce, lemon or lime juice. Simmer chicken in a sauce pan with enough water, salt, accent and pepper until chicken is done and liquid has evaporated, but not dry. Add the sliced sausages, and drained peas. Transfer the simmered mixture to a pyrex or baking dish, arrange the sliced hard boiled eggs on top of the chicken and set aside.

Make a pie crust. Place dough on pyrex or baking dish, press sides with a fork to seal edges. Bake in moderate oven until crust is brown. Serve hot.

PIE CRUST FOR PASTEL

1-1/4 c. all purpose flour
1/2 teaspoon salt
1/3 c. plus 2 tablespoons shortening
2 tablespoons cold water

Sift flour and salt together into a bowl. Blend shortening. Cut in with a pastry blender or two knives. Sprinkle cold water over mixture and form into a ball. Place ball between 2 pieces of wax paper and roll out enough to fit your baking dish. Remove wax paper before placing dough in pan.

CHICKEN WITH PATIS

1 chicken
1 tablespoon diced fresh ginger
1 clove garlic, crushed
1/4 c. diced onions
2 tablespoons patis
3 cups rice water
Fresh pepper leaves

Clean chicken and cut into serving pieces. Saute garlic, onions and ginger. Add cut up chicken and season with patis. Let simmer (low heat) till chicken is almost done. Add rice water and fresh pepper leaves and continue to cook until it comes to a boil and chicken is done.

CHICKEN PEKING STYLE

1 *chicken*
2 *eggs*
1/4 c. cornstarch
1 tablespoon curry powder
lemon juice
salt and pepper

Clean chicken and cut into bite size pieces. Marinate in lemon juice, salt and pepper.

Beat the eggs, add curry powder and cornstarch to make a thick batter.

Drain the juice from the chicken, dip in egg batter and deep fat fry.

SAUCE

1/4 c. vinegar or pineapple juice
2 tablespoons soy sauce
1/4 c. water
2 tablespoons sugar
1 teaspoon salt

If pineapple juice is used, omit the sugar.

Combine the above ingredients and bring to a boil. Serve with the chicken.

Atchara (papaya pickles) can be used for garnish.

CHICKEN PESA

1 stewing chicken
2 medium size potatoes or Upo
1/2 onion cut in wedges
8 peppercorns
1/2 small cabbage
1 pechay
1 green onion
Salt

Clean chicken and cut into serving pieces. Boil chicken in enough water to cover, with the onion, potato, peppercorn and salt to taste. When the chicken is tender, add the cabbage, pechay and the green onions.

CHICKEN WITH PINEAPPLE

1 chicken
1/4 c. flour
1 clove garlic, crushed
1 med. size can Pineapple chunks
2 tablespoons soy sauce
1/4 c. white vinegar
Salt and pepper

Clean chicken and cut into serving pieces. Dry with a paper towel. Roll chicken in the flour, salt, pepper and accent mixture and set aside.

In a sauce pan, saute garlic, add chicken, pineapple chunks and 1/2 of the pineapple juice, cover and cook about 5 minutes. With the remaining pineapple juice, add soy sauce, flour, and vinegar, pour over sauted chicken, blend and cook until sauce thickens.

CHICKEN PUCHERO

1 chicken
1 can tomato sauce (small)
1 small diced onion
1 med. size can garbanzos (chick peas)
8 peppercorns
1/2 small cabbage
1 pechay (baktoy)
2 small potatoes cut in 4
1 Chinese sausage or Chorizo de Bilbao
1 clove garlic, crushed
2 bananas, saba
Salt and pepper

Stew chicken in enough water to cook. Add sausage, peppercorn and salt until done. Drain the juice and set aside. Boil the bananas separately and peel after cooking, set aside. Using the drained juice of the chicken, cook the potatoes until done, add the pechay and cabbage and set aside. Saute the garlic, onion, tomato sauce and the chicken. Add 1/2 c. water and the remaining ingredients.

Before serving the chicken, garnish with the cabbage, pechay, potatoes and bananas.

CHICKEN RELLENO (Stuffed)

Bone one stewing chicken about 3-4 pounds. Marinate in 1/4 c. soy sauce and juice of one lemon over night.

To bone a chicken, slit the chicken on the back, from the neck to the tail bone. Release skin and meat from the back going towards the breast, being careful not to tear the skin. While working towards the breast, cut the wing bone at the joint, close to the breast. Remove the meat from the first joint of the wing and remove the bone, leaving the 2nd joint to retain the shape of the wing.

Cut the bone of the thigh that joins the body, first joint, remove the meat and take out first and second joint leaving only the end part of the leg.

Release the meat and skin from the breast. Tie the neck skin and insert inside neck opening. Sew up hole on the other side of the tail bone.

CHICKEN STUFFING

Mix the following ingredients together.

3/4 lb. ground pork
1/4 lb. ground beef
1/2 c. chopped celery
1/4 c. chopped onions
1/4 c. sweet pickle relish
1 teaspoon garlic powder
2 hard boiled eggs - peeled
1 small box seedless raisins
4 raw eggs
1 teaspoon salt
1 teaspoon pepper
1 can Vienna sausage chopped fine
1 teaspoon accent
1 Chorizo de Bilbao

Stuff the chicken with the stuffing and place the 2 hard boiled eggs inside the chicken going lengthwise or parallel to the body.

Sew up the back opening as close as possible, in order for the stuffing not to come out.

Place on a roaster rack in roaster pan and bake in a 375° oven for about 1½ hours, or until chicken is done and brown. Braise occasionally with its own drippings.

SAUCE

Take all chicken drippings and place in a sauce pan. Add 1 cup milk, 1 tablespoon lemon juice, 1 tablespoon cornstarch, and accent. Take out lumps by straining. Simmer until thick. Season with salt and pepper if needed.

TO SERVE

Cut chicken along the sewing line, and slice crosswise.

DO NOT SLICE RELLENO WHILE HOT

ROAST CHICKEN

1 large 3-4 lb chicken
1 large onion, whole
1 apple, peeled
1 small can asparagus
4 chestnuts, if in season, peeled
1 lemon
1/2 cup soy sauce
Dash garlic and salt

Clean the chicken. Rub it with the mixture of lemon juice and soy sauce, and marinate for about 1/2 hour.

In a roaster rack, place the chicken, stuffed with the apple, onion, asparagus, chestnuts, garlic and salt.

Bake in a 375° oven for 1½ hour or until the chicken has browned and is done.

Kapon and duck can be used for roast.

CHICKEN WITH SOTANGHON

1 chicken
1 small onion, diced
2 cloves garlic, crushed
2 tablespoons butter
1 tablespoon achuette
1 tablespoon patis
1/2 c.dried mushrooms
1 small package sotanghon
Green onions chopped fine
Salt and pepper
1 teaspoon accent

Cut sotanghon in 4 inch lengths and soak in water. Also cut mushrooms in pieces and soak in water. Soak achuette in 1/4 c of water with a few drops of lye water.

Boil chicken until tender, and debone. Shred into bite size pieces. Saute garlic, onions, chicken and season with patis. Simmer about 10 minutes. Add drained achuette, and chicken broth and let it come to a boil. Drain sotanghon and mushrooms, add salt, accent and pepper to taste.

Garnish with finely chopped green onions before serving.

CHICKEN STEW (Linaga)

1 chicken
8 peppercorns
1/2 small onion cut in 4
1 stalk celery
1/2 cabbage
1 pechay
1 green onion
1 teaspoon accent
Salt to taste

Clean chicken and divide into serving pieces.

Boil enough water to cover the chicken. When the water is boiling, drop chicken parts, add the onions, peppercorn, celery and accent. Simmer until the chicken is done. Add the cut up cabbage wedges, pechay and green onions and boil until the vegetable are done but not overcooked.

CHICKEN SUPREME

2½ - 3 lbs. chicken cut in serving pieces
2 tablespoons melted butter
1 teaspoon garlic powder or 1 clove
1 teaspoon onion powder of 1/2 med.
Salt and pepper
3/4 cup powdered milk or non dairy coffee cream
1 tablespoon flour
3/4 cup mushroom pieces (4oz can)
1 teaspoon paprika
1 teaspoon Worchestershire sauce
1 teaspoon salt
1/4 teaspoon pepper

Clean the chicken parts, sprinkle with the garlic, onion, salt and pepper mixture. Place in a shallow baking pan Bake at 400° for 45 minutes.

Drain mushrooms. Reserve mushroom liquid and add enough water to make 3/4 cup. Combine powdered cream, flour, paprika, salt, pepper, Worchestershire sauce and mushroom liquid. Stir until smooth and well blended. Add mushroom pieces. Pour this mixture on top of chicken and continue to bake 15 minutes longer.

CHICKEN WITH SWEET PICKLE JUICE

1 chicken
1/4 c.white vinegar
1/2 c. sweet pickle juice
1/4 c.water
1 clove garlic-crushed
4 tablespoons soy xauce
1 tablespoon sugar
1 teaspoon accent
Salt to taste

Clean chicken and cut into serving pieces. Add the vinegar, pickle juice, water, sugar, garlic, soy sauce chicken and salt. Cook until liquid has practically evaporated and a sauce remains.

CHICKEN (Sweet-Sour)

1 chicken
1 med. size can pineapple chunks
1/2 green pepper
1 med. size tomato
2 tablespoons soy sauce
4 tablespoons cornstarch
1 egg
1 teaspoon accent
Salt and pepper

Clean and cut chicken into serving pieces.

Beat the egg and add the cornstarch to make a thick batter. Add salt, accent and pepper. Dip cut up chicken in this batter and deep fat fry. Set aside.

While frying the chicken, boil enough water to cover the cut up green pepper. When the water has boiled, drop the green pepper , cook for 5 minutes and drain immediately. Set aside.

In a sauce pan, place the juice from the drained pineapple, add soy sauce, 1 tablespoon cornstarch and simmer until thick. Add chicken, pineapple chunks and remove from the heat. When ready to serve, garnish with tomato wedges.

CHICKEN TINOLA

1 chicken
1 large potato cut in cubes
2 cloves garlic, crushed
1 small onion, diced
1 small piece fresh ginger, crushed
1 tablespoon fat
1 tablespoon patis
3 cups rice water
Upo cut in 2 inch cubes

Clean chicken and cut into serving pieces. Saute garlic, onion, ginger and add the chicken pieces, and potatoes. Season with patis, continue to cook until chicken and potatoes are tender.

If upo (groud) is available, this should be added last, let it come to a boil and remove from heat.

CHICKEN VALENCIANA

1 chicken
2 cloves garlic - crushed
1 large onion cut in 8 parts
1/2 c.pimiento cut in strips
2 med. sized potatoes, cut in cubes
1 small can peas, drained
1 small can garbanzos, skinned
2 cups cooked rice
1 tablespoon achuette
1 small can tomato sauce
1 hard boiled egg
Salt and Pepper

Prepare all ingredients as indicated. Soak achuette in a small amount of water with a few drops of lye water added to it. Clean chicken and cut into bite size pieces.

Saute garlic, chicken, season with salt, pepper and cook until done. Set aside. Fry the potatoes. Cook the rice. If desired use 1½ c rice to 1/4 c sweet rice (Malagkit).

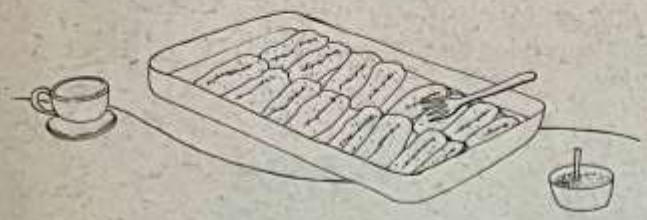
To the sauted chicken, add all the remaining ingredients and the juice from the achuette. Season with salt and pepper. Before serving, garnish with the hard boiled egg and pimiento strips.

PATO TIM (Duck)

1 medium sized duck, dressed
1/4 cup soy sauce
1 lemon (juice)
4 tablespoons sherry wine
1 small piece ginger, crushed.
1 can asparagus
1/2 lb fresh mushrooms, sliced
1 tablespoon cornstarch
1/4 cup water

Clean duck very well. Marinate overnight in soy sauce, lemon juice, ginger and sherry wine. Brown in cooking oil. Place the duck in foil with the asparagus and sliced mushrooms and bake about 1 hour in a 350° oven.

Combine the water from the asparagus, and the water, add the drippings from the baked duck. Blend together and thicken with cornstarch, season with salt if needed. Pour the sauce over the duck and serve hot.

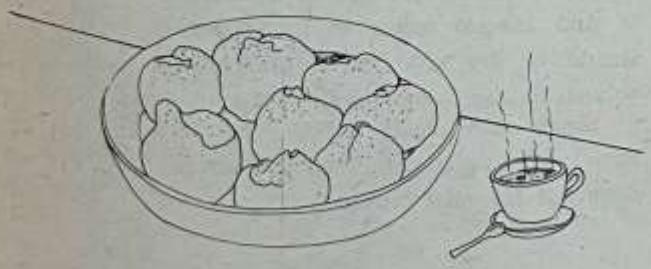


BANANA FRITTERS (Maruya)

2 ripe bananas
1 cup sifted flour
1 teaspoon baking powder
1/2 teaspoon salt
1/3 c. water
2 tablespoon sugar
4 tablespoon milk
1 beaten egg

Sift the flour, baking powder, salt and sugar. Add the milk, water and the egg, to the dry ingredients and mix until the batter is smooth.

Peel the banana and slice lengthwise. Roll in flour, dip in the batter and fry in deep fat, brown evenly. Drain. Serve with sugar if desired.



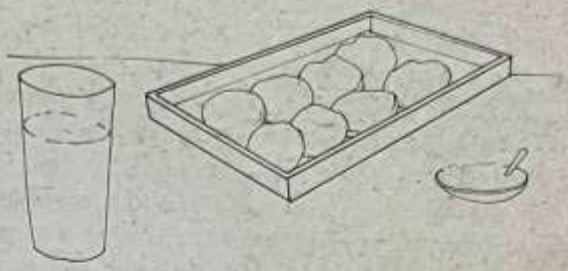
BUNUELOS

1 cup flour
5 eggs
1 cup water
8 tablespoons butter

Boil the water, add the butter and the sifted flour and beat briskly, until the mixture leaves the sides of the pan. Remove from the heat and cool.

When cold, add the eggs one at a time beating very well to mix thoroughly.

Drop mixture by spoonfuls in deep hot fat and fry until golden brown. Drain and place some sugar in a small paper bag, put the bunuelos inside, shake and thoroughly cover it with the sugar.



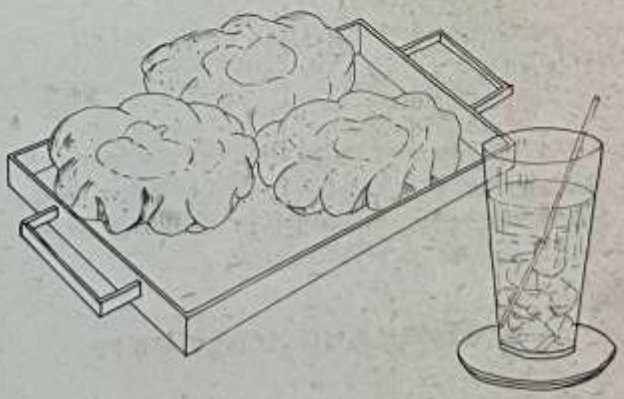
PALITAO

2 cups sweet rice powder
1/2 cup water
1 tablespoon toasted linga
1 cup sugar
1 Fresh grated coconut

Combine the sweet rice powder and the water, blend well, so that it does not stick to your palms when you work on it.

Boil water in a sauce pan. Form the mixture into small balls the size of a walnut, then flatten each and drop into the boiling water. When the dough floats, remove from the water. Roll in fresh grated coconut.

Toast the linga and crush. Mix with the sugar and serve with the palitao.



ENSAIMADA

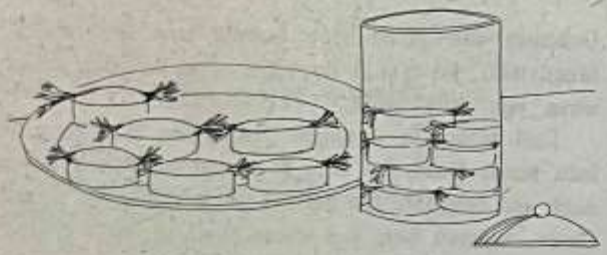
6 egg yolks
3/4 c. white sugar
1 package dry yeast
1 cup milk

1 cup water
1/2 lb. butter
4-5 cups all purpose flour

In a mixing bowl, place the dry yeast, sugar, 1 cup flour and lukewarm milk and water. Set aside until the mixture starts to rise, about 45 minutes.

Separate the egg whites, beat the eggs into the mixture, blending very well. Add the flour little by little. If using a mixer, mixture should leave the sides of the bowl. Add the melted butter and set aside until it has doubled in bulk, about 1 hour.

Dust the board where the dough will be rolled out with a little flour to prevent dough from sticking. Divide dough into equal portions (12). Roll out each portion, brush with butter and roll into a long strip, form into a coil, insert the inner end making sure it is tucked in, so with the other end of the roll. Butter top. Let rolls rise until it has doubled in size, bake at 375° about 12-15 minutes. Brush with butter, sprinkle with sugar and individually wrap each roll in wax paper.



POLVORON

1½ c. All purpose flour
1 cup Powdered milk
3/4 cup sugar
1/2 lb. melted butter

Toast the flour until brown. Add the powdered milk and sugar and then blend in the melted butter. Shape into molds, using a polvoron or chocolate molder. Wrap individually in wax paper.

BIBINGKANG MALAGKIT

1 c. sweet rice (malagkit)
3/4 c. brown sugar
1 can coconut milk
2 cups water
Salt
1 c. thick coconut milk
1/2 c. condensed milk

Boil the sweet rice in the water and salt. Add the coconut milk, boil until dry, stirring constantly to keep from sticking, then add the sugar.

Grease a pan and pour the mixture into it.

Mix the condensed milk and the thick coconut milk and pour over the sweet rice. Bake at 375° until the top has browned.

BUKAYO

3 coconuts - medium sized, grated
3 cups sugar or panocha (pinuchi)

Mix the coconut and the sugar. In a teflon pan, cook the mixture, stirring constantly until the mixture has thickened and no longer stick to the finger when touched. Place on a greased pan and cut into squares with a sharp knife. Wrap each square in a piece of wax paper and store in a well covered container.

BUCHI

1 cup mongo
1/3 c. sugar
1/8 c. water
2 tablespoons sugar
2 cups powdered rice

Boil the mongo until soft, then mash it. Dissolve the 1/3 cup sugar in 1/8 cup of water and add to the mongo. Cook over low heat until dry. When cold, form into balls, the size of a walnut.

Add enough water to the powdered rice, this should be dry, add the 2 tablespoons sugar dissolved in the 2 teaspoons water.

Shape into small balls. Flatten each ball of rice in the palm and wrap the mongo ball. Fry in deep hot fat until brown.

BUDIN (Bread Pudding)

4 cups bread, shredded
3 eggs
1½ c. fresh milk
4 tablespoons butter
Sugar to taste

Mix all ingredients, place on a greased square pan and bake at 375° about 20-25 minutes, or until a toothpick come out clean when inserted in mixture.

To vary the recipe, add drained fruit cocktail

or raisins.

It can also be baked with brown sugar topping with crushed nuts.

CARIOCA

2 cups sweet rice flour
1/2 cup water

Combine the sweet rice flour and the water, blend well, so that the mixture does not stick to your palms when you work on it. Roll in walnut size pieces. Deep fat fry. Set aside.

Caramelize 1 cup of sugar and 1 tablespoon of water. When mixture has barely turned brown, drop the sweet rice balls in, enough to coat it. Place on wax paper to prevent from sticking together.

CASSAVA BIBINGKA

4 cups grated cassava
2 cans coconut milk
2 tablespoons melted butter
3 eggs
2 cups sugar
1/2 c. coconut milk (pure)
1/2 c. condensed milk

Grate cassava. Beat the eggs, add the sugar, butter and salt. Mix thoroughly, add the cassava and the coconut milk. Line a pan with foil and bake at 375° oven until done.

Mix the pure coconut milk and the condensed milk, pour the mixture on top of the cassava and return to the oven and bake until the top has browned.

CUCHINTA

1/2 c. rice flour
1/2 c. sweet rice flour
1/2 c. brown sugar
1/2 c. white sugar
1/2 c. water
1 teaspoon lye water

Mix all the above ingredients. Grease molds with butter or margarine. Place 3/4 full to each mold and steam 10-12 minutes. Stir the mixture every time you refill molds.

ESPASOL

4 cups of sweet rice flour
1½ c. sugar
2 cups - 2 cans coconut milk
1/2 teaspoons salt

Toast the sweet rice flour. Boil the sugar and the coconut milk and the salt. Add the toasted sweet rice flour and continue to cook until it thickens, mixing well. When done, remove from the heat and transfer on a board which has been well dusted with the sweet rice flour. Flatten, using a rolling pin, about 1/4 inch, cut into diamonds.

GORGORIA

2 cups flour
1/2 teaspoon salt
1 teaspoon baking powder
1 egg
4 tablespoons milk

Sift all dry ingredients, add the beaten egg and milk and knead until dough is smooth. Roll about 1 inch wide and cut into one inch squares, press each portion with the thumb on fork tines and coil in the form of a shell. Fry in deep hot fat. Drain. When all the gorgorias are done, make a thick syrup, pour over them and mix very well to coat each piece very well. Remove and dry out.

GUINATANG HALO-HALO

2 sweet potatoes
4 gabi - Chinese potato
1 big banana - Mexican
3/4 c. sugar
1 can coconut milk
2 tablespoons tapioca
1 c. sweet rice powder
1/4 c. langka - Jack fruit
4 c. water

Place coconut milk and water in a pan. Add the sugar and simmer. Pare the sweet potatoes, gabi, peel the banana and cut in cubes. Add the gabi, then the sweet potatoes and simmer until half done, add the bananas and the langka. Put 3 tablespoons of water in sweet rice powder, take a little of the mixture at a time and form into balls as big as hazel nuts, drop in the simmering mixture, lastly add the tapioca and continue to cook until done.

GUINATANG MAIS

3 young ears of corn or
1 medium size can cream corn
1 can coconut milk
6 cups water
3/4 c. sugar
3/4 c. sweet rice

Remove the corn from the cob. In a pan, place the coconut milk, water, sugar and the sweet rice. Simmer until the sweet rice is done, then add the corn and cook until the corn is done.

GUINATANG MONGO

1/4 c. green mongo
1 can coconut milk
6 cups water
3/4 c. sweet rice
3/4 c. sugar

Toast mongo and when brown, press with a pestle to remove the skin. Set aside. Meanwhile simmer the coconut milk, water, sugar and the sweet rice. When the sweet rice is done add the toasted mongo.

GULO-GULONG KAMOTE

1 cup flour
2 teaspoons baking powder
1 tablespoon sugar
1 large camote cut the size of shoestring potatoes
1 egg
1/4 teaspoons salt
1/4 cup fresh milk

Mix and sift all dry ingredients, add the remaining ingredients. Drop in deep hot fat in the shape of ukoy. Drain and sprinkle with sugar before serving.

INANGIT

2 cups sweet rice (malagkit)
1 can coconut milk
Pinch salt

Wash the sweet rice and cook with the coconut milk and salt, stir to avoid sticking to the bottom of the container. When most of the liquid has evaporated, cover and continue to cook over low heat until done. Serve with sugar if desired.

LECHE FLAN (Custard)

(Custard)

1 can Eagle Brand Condensed Milk
6 egg yolks
1 teaspoon lime rind or vanilla
1 can water equal to condensed milk

Caramel

1 cup white sugar
2 tablespoons water

Place sugar and water in a sauce pan and caramelize over low heat. When sugar has turned golden brown pour in prepared mold.

Beat egg yolks slightly, add milk and water and the lime rind and blend very well. Pour in mold.

Half fill a pan with water and steam for 45 minutes or until mixture is firm.

To test doneness insert a knife in mixture and if it comes out clean, custard is done.

MAJA BLANCA MAIZ

3 cups young corn
1½ c. sugar
1 cup galapong (1½ powdered rice 1 1/4 c water)
4 cups coconut milk (without water)
5 tablespoons fresh coconut milk

Scrape corn and strain. Add sugar, galapong and coconut milk. Cook in moderate heat. Stir often, add fresh coconut milk little by little. When thick, pour in greased molds, such as a cake pan or a pie plate. Cool and serve when firm.

PEANUT BRITTLE

1 cup chopped roasted peanuts
3/4 cup sugar
1 tablespoon water

Mix the sugar and water and melt over low heat, until the sugar has turned brown. Add the peanuts and stir until blended. Pour on a greased board, spread thin using a rolling pin. Cut into desired shape and cool.

PILIPIT

2 cups all purpose flour
1/4 teaspoon baking powder
1 egg

1/2 milk
1/2 teaspoon salt

Sift and mix all dry ingredient. Beat the egg and add to the milk. Add the flour and knead until smooth. Divide into portions and roll each portion on a bread board about 4 inches long and twist the strip bringing the ends together. Deep fat fry, drain and dip in thick syrup before serving.

PUTO MAYA

3 cups sweet rice (malagkit)
5 cups water
1 cup grated coconut
1 cup sugar

Wash the sweet rice and put in a saucepan to cook, add the water, and simmer until all the water has evaporated and sweet rice is done. Serve with the fresh grated coconut and sugar.

PUTO PUTI

1½ c. flour
1½ c. rice flour
1 cup water
1½ c. sugar
2½ teaspoons baking powder
1 cup milk
1 egg

Beat the egg, add the milk. Sift all the dry ingredient, then mix with the egg milk and water. Grease muffin pans and steam about 10-15 minutes. Serve with grated coconut.

PUTONG PUTI

1 cup rice powder
3 teaspoons baking powder
1½ c. water
3/4 c. sugar
1/2 teaspoon salt

Combine the rice powder, water, sugar, baking powder and slat, until it has a thick consistency. Blend thoroughly and pour into molds 2/3s full. Steam about half an hour or until done. Serve with fresh grated coconut.

PUTONG UBE

2 cups powdered rice
1½ c. water
1/2 sugar
1 c halayang ube
2 tablespoons baking powder

Mix the powdered rice and the water thoroughly, add the sugar and the baking powder and blend in the halayang ube very well.

Pour the mixture into puto molds 2/3's full and steam until done. Serve with grated coconut.

SINUKMANI

2½ cups sweet rice (malagkit)
1½ cups sugar
2 medium sized coconuts or
2 cans coconut milk

Grate the coconuts and squeeze out the milk without adding water. Set aside Boil the coconut milk equal to 8 cups, add the rice and cook until the rice is done, then add the sugar. Flaten in a buttered pan and cut into squares before serving. Serve with grated coconut on top.

YEMA

1 can condensed milk
6-8 egg yolks
Rind of 1 lime or lemon
2 tablespoons syrup
Toothpicks

Mix together milk, egg yolks, lime rind and syrup and cook over low heat until it forms a soft ball. Stir constantly to avoid burning. Form into balls. Place on a greased pan and insert a toothpick. Meanwhile caramelize 2 cups sugar 2 tablespoons water, stirring constantly until melted and golden brown. Dip each ball in the syrup and wrap in cellophane squares.

COCONUT SLIMS

White bread slices
Eagle Brand Condensed Milk
Grated Angel moist coconut

Cut sliced bread into strips. Dip in condensed milk and roll in coconut flakes. Place strips on a lightly greased baking sheet and bake at 325° for 15 minutes or until golden brown.

COCO-CHOCO ROLL (Pianono)

1/4 cup butter
1 cup coconut flakes
1 can eagle Brand Condensed Milk
2/3 cup All purpose flour
1/3 cup cocoa
1/4 teaspoon salt
1/4 teaspoon baking soda
3 eggs
1/3 cup ground almonds
1 cup sugar
1/3 cup cold water
1 teaspoon vanilla
Confectioners sugar

Line a 10x15" jelly roll pan with foil. Melt butter and pour in foiled pan. Mix nuts and coconut flakes and sprinkle evenly in pan. Drizzle with milk.

Sift together flour, cocoa, salt and baking soda. Beat egg yolks in bowl until fluffy, blend sifted dry ingredients, the water and vanilla. Beat for 1 minute. Beat egg whites stiff and fold in mixture. Pour in pan. Bake at 375° for 20 minutes or until cake springs back when touched in center.

Loosen sides of cake with a knife or spatula. Sprinkle cake with confectioners sugar. Place a clean towel over cake and place a cookie sheet over pan and invert. Remove pan and foil, and roll up in jelly roll fashion (start to roll the cake in the long side. Let it sit with the ends on the bottom). Leave wrapped until cool. Remove the towel and place in platter. Dust with confectioners sugar. Slice to serve.

LEMON ANGEL PIE

1 cup Graham cracker crumbs
1/4 cup powdered milk
5 tablespoons melted or soft butter
2 tablespoons evaporated milk
1 cup condensed milk
2 tablespoons lemon or lime juice
1/2 teaspoon lemon or lime rind
2 egg yolks
2 teaspoon cream of tartar
1/2 bar gulaman boiled in 1/2 cup water to make 1/2 cup of dissolved gulaman
2 egg whites
4 tablespoons sugar
1 (6 oz) can Nestle thick cream

Mix graham cracker crumbs, powdered milk, add butter then evaporated milk. Mix with fork. Press into a baking dish or pan. Bake 5 minutes at 350°. Cool.

Filling

Mix condensed milk, lemon juice, rind, egg yolk and cream of tartar. Beat or stir briskly, add gulaman. Pour mixture into the chilled pastry shell, chill.

Topping

Beat egg whites with sugar until stiff. Fold in thick cream. Pile on top of filling. Sprinkle with cracker crumbs. Chill until ready to serve.

PINEAPPLE COCO-TEASIES

1 cup grated coconut (young)
1/4 cup drained crushed pineapple
3/4 cup sugar
1/2 cup evaporated milk
1 tablespoon flour dissolved in a little pineapple juice
2 slightly beaten egg yolks
1/2 teaspoon vanilla
6 tablespoons chopped nuts(cashew, peanuts or any other nut)
1 egg yolk

Mix coconut and drained pineapple and sugar. Cook until mixture spins a short thread. Remove pan from heat and add evaporated milk. Return to heat and continue to cook for 5 minutes stirring constantly. Add flour, juice mixture and cook until thick. Remove from heat once more and add egg yolks, vanilla and nuts. Return and cook until thick enough to mold. Pour into tiny fluted paper cups. Brush top with beaten egg yolk and bake 350° for 15 minutes or until golden brown. Cool.

MOCHA DIAMOND JUBILEE

2 envelopes Knox Gelatin
2/3 c. sugar
1/4 tsp. salt
1/4 cup instant coffee

3 cups water - divided
1/2 cup brown creme de cacao
1 cup heavy cream, whipped

Mix together gelatin, sugar, salt, coffee in sauce-pan. Stir in 1 cup of the water. Place over low heat, stirring constantly until gelatin and sugar are dissolved. Remove from heat. Stir in remaining 2 cups of water and creme de cacao. Divide mixture in half. Pour one half into a serving bowl and chill just until mixture begins to set.

Chill remaining half of gelatin mixture to the consistency of unbeaten egg whites. Fold into whipped cream. Pour on top of almost firm mocha jelly layer. Chill 3 hours or over night.

1. Mocha jelly - omit cream in gelatin mixture. Pour into serving bowl or individual glasses. Chill until firm and top with whipped cream.
2. Mocha cream - Do not divide mixture in half. Chill until it is the consistency of unbeaten eggs whites. Fold in whipped cream. Pour into individual glasses.
3. Mocha Jubilee de luxe - Stir coarsely ground almonds or crushed nuts into mocha cream mixture before chilling.

PINEAPPLE NATILLA

1 can Eagle Brand Condensed Milk
1 can water
1 can Dole Pineapple juice (No. 2)
1/4 tsp salt
1/4 tsp cinnamon
1 tsp lemon or lime rind
1/4 cup water
1/4 cup cornstarch
6 eggs yolks, slightly beaten
1/2 cup sugar for caramel (optional)

Mix first 5 ingredients in a sauce pan and beat to cool.

Meanwhile mix water and cornstarch and pour into beaten egg yolk mixture. Add to first mixture and then return to pan to heat. Cook until thick. Place in a container. Cool.

Melt sugar in a small pan, then drizzle over natilla and brown slightly in oven. Or beat egg whites with sugar, cover with natilla and brown slightly in oven 450° till golden colored.

VANILLA WAFERS

1 cup butter
2 cups sugar
3 eggs
3 teaspoons vanilla

Add enough flour to make stiff (not too stiff) dough. Place in a pastry bag and press to desired shape. Bake at 375° till golden brown.

CONDENSED MILK CHOCOLATE ICING

1 can condensed milk
1/5 of 1/2 lb butter
2 teaspoons chocolate-Hersheys

Melt chocolate in enough water. Combine with milk and butter in a double boiler. Stir constantly and cool until thick.

RUM CREAM PIE

1/2 lb graham crackers
1/4 lb butter melted
1 tsp. cinnamon
4 egg yolks
2/3 cup sugar
1½ tablespoons gelatin Knox
1/2 cup cold water
1/2 pint cream
2 tablespoons rum
Chocolate curls

Melt butter and combine with graham cracker crumbs and cinnamon. Press into a pie pan and chill to set. Soak gelatin in water and bring to a boil and cool. Beat egg yolks and sugar until thick and light then beat in gelatin mixture.

Beat cream until thick, fold with rum into egg yolk mixture. Pour into pie shells and chill till set. Serve with chocolate curls and whipped cream.

SPONGE CAKE

8-10 eggs
1 cup sugar
1 cup flour
1 teaspoon baking powder
1/4 teaspoon salt
1 teaspoon vanilla
4 tablespoons water

Separate egg yolk from white and beat the whites until stiff. Add salt, one half of the sugar to flour and baking powder.

Beat egg yolks until lemon colored and put remainder of sugar and flour. Combine both mixture and add the rest of the ingredients. Pour in tube pan. Bake at 350°, 30-35 minutes.

SUGAR CURLS

1/2 lb. all purpose flour

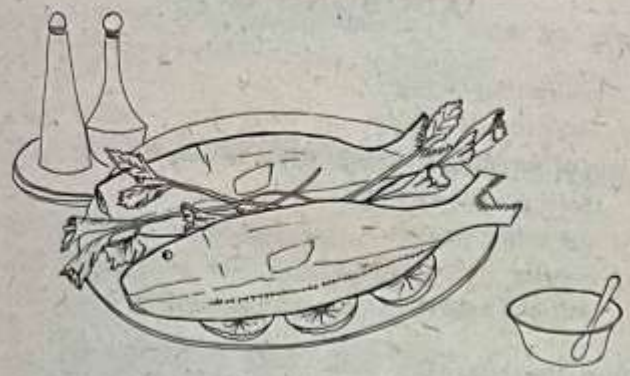
3 egg yolks

1 teaspoon baking powder

1/2 lb. sugar

Cooking oil

Beat egg yolks and mix with flour and baking powder. Knead then roll with a rolling pin until paper thin. Cut into 1½x1" strips and form into rings. Press and seal. Drop in deep fat and fry till golden brown. Caramelize the sugar and drop the fried dough and cook until the dough is well coated with sugar.



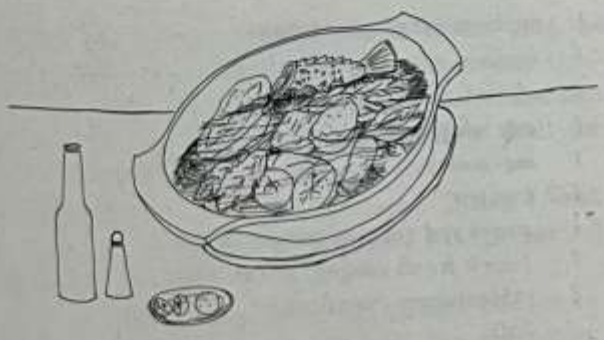
BANGUS RELLENO

1 med. sized bangus
1 Tablespoon soy sauce
1 tablespoon lemon or lime juice
1/2 lb ground pork
1 medium sized tomato, chopped
1/2 onion, chopped fine
1 clove garlic, crushed
1/4 box raisins, seedless
2 tablespoons cooking oil
2 tablespoons flour
Salt and pepper

Clean the bangus and split the back to remove the backbone. Remove the meat of the fish very carefully from the skin. Soak the skin in the lemon, soy and pepper mixture, and marinate for 15 minutes.

Saute the garlic, onion, ground pork, tomato, bangus meat, raisins and season to taste.

Stuff the fish skin with the sauted mixture, sew up the back and dredge with flour before frying. Fry until brown.



PUCHERONG DALAG (Mud Fish)

1 med. sized dalag (Mud fish)
3 tomatoes, chopped fine
1 onion, chopped fine
1 clove garlic, crushed
1 large banana, boiled
1/2 medium sized cabbage
1 pechay (baktoy)
1 green onion
1/2 cup peeled garbanzos
1 med. sized potato cut in quarter

Scale and clean the dalag. Cut into serving portions and fry. Set aside.

Saute the garlic, onions, tomatoes and add 1 cup water. Bring to a boil, then add the potatoes and simmer until half done. Add the cabbage, pechay, green onion leaves, garbanzos, banana and season with salt. When ready to serve, place the fried dalag, pour some of the sauce over it and arrange the vegetables on the sides or around the fish.

BANGUS, BROILED

1 medium sized bangus
1 large tomato, chopped fine
1 large onion, chopped fine
Dash garlic powder
Salt and pepper

Scale and clean the bangus. Slit the bangus on the back and remove the bone. Mix the tomatoes, onions, garlic powder, salt and pepper and place the mixture inside the bangus. Wrap in foil and broil, about 20 minutes. Unwrap in foil to serve.

Above recipe can also be baked at the same temperature, but not wrapped in foil.

BANGUS SINIGANG IN GUAVAS

1 medium sized bangus
1 can guavas
2 cups water
Salt

Scale, clean and cut the bangus in serving portions.

In a sauce pan boil the guavas in water and salt to taste. When the mixture is boiling, add the bangus, let it come to a boil and remove from heat.

SINIGANG NA BANGUS (Milk Fish)

1 med. sized bangus
3 med. sized tomatoes
1 small onion
1-2 bunches Water Cress (Kangkong)
1-2 lemons or 1/2 c White Vinegar
Salt

Clean the bangus and cut into serving pieces. Set aside. Cut the tomatoes, onions, squeeze the juice out of the lemon add enough water (2-3) cups. Place in a sauce pan and simmer for 5 minutes. Press the tomatoes to blend. Add the bangus and the water cress and season with salt to taste, bring to a boil and remove from heat.

Canned camias can be used instead of the lemons. Use 1/2 can.

SINIGANG NA HITO IN GUAVAS

2 medium sized hito
1 can guavas
Salt
Pepper leaves
3 cups water

Clean hito very well. Rub with salt to remove the slime. Cut into serving portions, rinse very well.

In a sauce pan, combine the guavas, salt, and water. Let it come to a boil, then add the hito and cook about 5 more minutes. Add the pepper leaves.

BANGUS, TAPA

Scale, and fillet a milk fish (bangus). Marinate in vinegar, crushed garlic, salt and pepper. Place in the sun to dry.

BANGUS TOCHO (Milk Fish)

1 medium sized bangus
4 tablespoons cooking oil
1½ teaspoons fresh ginger, cut in strips
2 cloves garlic, chopped fine
1 medium onion, diced
1 large tomato, chopped fine
2 tablespoons tajure
2 tablespoons tausi
3 tablespoons white vinegar
3 tablespoons cooking oil
Sugar to taste
1 tokua

Scale the bangus and cut into serving pieces. Salt and set aside. Sprinkle a small amount of flour to the fish before frying. Fry in cooking oil until brown. Set aside.

Saute the garlic, onion, ginger and the tomatoes. Add tajure, which has been dissolved in 1 cup of water, then the tausi, tokua, vinegar and the sugar. Boil for 5 minutes with the fish and continue to cook 10 more minutes. Serve hot.

ADOBONG HITO

2 medium sized hito
1 large tomato, diced
1 medium sized onion, sliced
1 clove garlic, crushed
1/4 cup white vinegar
1/2 c. water
salt and pepper

Clean the hito very well. Take the slime off the hito by rubbing very well with salt. Rinse very well. Cut into serving pieces.

Combine the crushed garlic, tomatoes, onions, vinegar, water and the salt and pepper to taste. Add the hito after the tomatoes had turned to almost to sauce. Let the hito and sauce come to a boil, about 5 minutes. Remove from the heat.

CATFISH WITH AMPALAYA

4 medium sized cat fish
2 cloves garlic, crushed
1 large tomato, chopped
1 small onion, diced
2 medium sized ampalaya
1 tablespoon patis

Clean the fish and cut in serving pieces.

Remove the seeds from the ampalaya and slice in thin diagonal strips.

Saute the garlic, tomatoes, onions and the fish. Season with patis. Add 1 cup of water, cover and simmer for 2 minutes. Add the ampalaya and simmer another 3 minutes.

ESCABECHE

1 medium sized white bass
1 medium sized onion, sliced
2 cloves garlic, sliced
1 cup white vinegar
1 cup water
1/2 c sugar
1 sweet red pepper, cut in strips
1 1-inch fresh ginger, sliced thin
2 tablespoons cornstarch
Salt

Clean and fry the fish until brown.

Saute the garlic, onion, ginger, then add the vinegar, water and sugar and let simmer for 5 minutes. Add the fried fish, sweet red pepper, cover and simmer 3 more minutes. Add the corn-

starch mixed with a small amount of water and blend with the fish until it has thickened.

LAPU-LAPU IN SARSA BLANCA

1 medium sized lapu-lapu
1 medium onion, cut in quarters
1 large tomato, cut in quarters
1 large potato, cut in 1 inch cubes
1 bunch green onions
1 small bunch baktoy (pechay)
1/4 cup flour
1/4 cup Mazola corn oil
2 cloves garlic, crushed
1/4 small cabbage, cut in wedges
1 tbsp. accent
Salt and pepper

In a sauce pan, heat the oil and fry the garlic until brown. Add the flour, stir very well to blend, then add the water. Add all the vegetables, cover and cook until half done. Add the fish and cook until the fish is done about 10 minutes. Season to taste.

LAPU-LAPUNG ESCABECHE

1 medium sized Lapu-lapu
1 large onion, sliced
3 cloves garlic, sliced
1 tbsp. ginger, sliced
1 small red pepper, cut in strips
1/4 cup white vinegar
1/2 c. cups water
4 tablespoons sugar
2 tablespoons cornstarch
2 tablespoons soy sauce
Salt to taste

Fry the garlic, onion, ginger until brown. Add the vinegar and water, and let it come to a boil. Combine the sugar, soy sauce, salt and the cornstarch and add to the vinegar mixture, simmer until the mixture thickens. Set aside.

Scale and clean the lapu-lapu. Sprinkle with salt. Let stand about 15 minutes. Fry in hot oil until brown.

When ready to serve, pour the vinegar mixture on top of the lapu-lapu. Garnish with the red pepper strips.

PAKSIW - ISDA

Clean the fish and combine with the following:

1 inch crushed fresh ginger
1 clove crushed garlic
1/4 c. white vinegar
1 cup water
Salt and white pepper

Bring the mixture to a boil.

Any fish can be used, preferably small fishes.

WHITE FISH PESA

1 medium size white fish
1 inch ginger, crushed
1 small onion cut in 4
8 peppercorns
3 cups rice water
1/2 small cabbage
1 bunch pechay (baktoy)
1 stalk green onion

Clean the fish and cut into serving pieces. Set aside.

Boil the rice water with the onion, ginger, peppercorn and salt. Add the fish, cabbage, pechay and green onion, and let it come to a boil. Do not overcook the vegetables.

Dalag (Mud Fish) can be used for this recipe.

FISH SARCIADO

1 med. sized white bass
3 cloves garlic, crushed
1/2 c. onion chopped fine
1½ c. tomatoes, chopped fine
2 tablespoons chopped green onions leaves

Scale and clean the fish. Salt and fry.

Saute garlic, onions, tomatoes and cook until thick. Salt to taste. Remove from heat and pour over fried fish. Garnish with green onion leaves.

TUNA CASSEROLE

1 - 6½ oz Chunk white tuna
1 cup potato chips (crushed)
1 cup cheddar cheese (shredded)
1/2 cup celery diced
1 cup milk
2 cups noodles
1/4 cup onions (chopped)
1 tablespoon garlic salt
1 6oz. can Cr of Mushroom soup (condensed)

In a sauce pan bring to a boil 1 quart of water and a pinch of salt. Add the noodles. Cook until done, drain and set aside.

Combine noodles, tuna, onions, milk, garlic salt, celery, cheddar cheese, and the cream of mushroom soup. Place the crushed potato chips on top and bake at 375° for 20 minutes.

TUNA MACARONI BAKE

1 cup macaroni
2 eggs
1/2 cup non fat dry milk
1½ cup water
1 teaspoon salt
1/8 teaspoon pepper
1 can (6½ oz) tuna chunks
1/2 c.shredded cheddar cheese
2 tablespoons onions, chopped
2 tablespoons pimiento chopped

Prepare macaroni. Boil 1 quart water add salt. When water is boiling add macaroni and cook till done. Rinse and drain.

In a large bowl, beat together eggs, dry milk, water, salt and pepper. Add the drained macaroni, tuna, cheese, pimiento and onion. Turn into a baking dish and bake at 45 minutes at 375°.

MUSHROOM SAUCE

1/4 cup Instant dry milk
1/2 cup water
1 10oz.can condensed cream of mushroom soup
1 can (2 oz) mushroom

In a 1 quart sauce pan stir water into non fat dry milk - blend with soup the mushrooms and with liquid. Heat to a serving temperature stirring constantly. Serve with Tuna Macaroni bake.

To make a richer tuna bake and mushroom sauce, evaporated or homogenized milk can be substituted for non-fat dry milk.

TUNA VEGETABLE PASTEL

1 can peas drained
1 cup cheese-pimiento, shredded
2 hard cooked eggs
2 cups milk
1/4 cup flour
1/4 cup butter
1 can tuna flaked
1 teaspoon accent
Salt and pepper
1 pastry shell mix

Melt butter and blend flour, add milk gradually. Cook, stirring constantly until smooth and thick. Season with salt and pepper and accent. Fold in flaked tuna, peas, cheese and eggs and heat. Pour in a 1½ quart casserole.

Roll our pie shell mix 1/4 inch thick and place on top of casserole. Bake in preheated oven for 20 minutes at 375° till brown.

FISH IN WHITE SAUCE

1 medium sized fish, preferrably White Bass
1 Juice of lemon
1 large tomato, chopped
1 clove garlic, crushed
2 eggs
1 large potato cut in quarters
3 tablespoons cooking oil
1 medium sized onion, sliced
1 bay leaf

Clean the fish thoroughly. Boil enough water to cover the fish, add salt and the bay leaf. Drop the fish in the boiling water and simmer until done. Drain and place in a serving dish.

Saute garlic, onion, tomato, add the salt, water, potato and simmer until the potato is cooked, then pour this sauted mixture around the fish. With part of the left over sauce, add the well beaten eggs and simmer, then pour over the fish.

BAGOONG-GUISADO

1 c bagoong
2 cloves garlic, crushed
2 tablespoons white vinegar

Heat a tablespoon of cooking oil, add the garlic and fry until brown. Add the bagoong and vinegar and bring to a boil, simmer until done.

RELLENO ALIMASAG (Crab)

6 cooked crabs
1 clove garlic, crushed
1 small onion, chopped
1 medium sized tomato, chopped fine
2 eggs
Salt and white pepper

Remove the meat of the crab from its shell. Set aside. Saute garlic, onion, tomato and the crab meat.

Clean the crab shell and stuff it with the sauted crab meat.

Separate the yolk from the white. Beat the whites until stiff, add the yolk. Place about a tablespoon of the eggs over the stuffed crab and fry.

CRAB SINIGANG IN GUAVAS

4 med. sized crabs
1 can guavas
1½ cups water
Salt to taste

Clean and cut the crabs in quarters. In a sauce-pan place the 1½ c water, guavas and salt to taste. Let the mixture come to a boil, add the crabs and cook until the crab is done.

CRAB TORTILLA

1 can crab meat
1 clove garlic, crushed
1 egg
1 small onion, diced
1 small tomato, chopped fine
Accent
Salt and pepper

Saute the garlic, onion, tomato and crab meat.

Separate the yolk from the white of the egg. Beat the egg white until stiff, add the yolk and beat some more.

Place half of the beaten egg in a deep plate and put the sauted crab meat, then slide mixture on to a heated skillet with grease, cook one side, then slide it back to a plate, cover the other side with the other half of the beaten egg, cove ith another plate and slide it back to the skillet to cook the other side. Cut in squares or diamonds before serving.

This recipe can be used for shrimps as well.

PINSEC

1/2 lb shrimps, chopped fine
1/4 lb ground pork
1 can crab meat
1/4 cup green onion, chopped fine
1 teaspoon accent
Dash of garlic powder
Salt and pepper
1 egg
1/4 cup water chestnut, chopped fine
Wanton wrapper

Combine all ingredients and blend very well. Set aside.

Wrap about 1/2 teaspoon of filling in each wanton wrapper by folding one side to form a triangle. Seal with a few drops of water, set aside and deep fat fry.

Serve with plum sauce.

PLUM SAUCE

1 cup plum preserve
1/4 cup white vinegar
1 tablespoon comstarch
1 teaspoon cayenne pepper

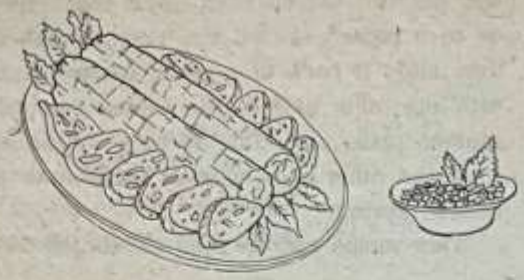
Combine all ingredients and blend very well. Place in a sauce pan and bring to a boil.

PUSIT ADOBO (Squid)

1/2 lb fresh squids (pusit)
1 clove garlic
1/4 c white vinegar

1/4 c water
1 teaspoon salt
1 small onion, diced

Clean the squids, and cut in desired size. Boil squid in the vinegar, garlic, onion, water and salt. Cook until almost all the liquid has evaporated and squids are done.



QUEQIAM WITH RADISH SAUCE

2 lbs shrimps, chopped fine
1/2 lb ground pork
1 teaspoon accent
1 egg
Salt and white pepper
Dash of garlic powder
1 Tablespoon cornstarch
Untosinsal (omentum, cold fat)

In a mixing bowl, combine the seven ingredients, blend very well. Wrap in untosinsal in the shape of a jelly roll, about 1½ inches in width and about 8 inches long. Steam until done. Slice into 1/4 inch slices and deep fat fry.

Serve with pickled radish.

BARBECUE SHRIMPS

2½ lbs fresh shrimps
1/2 teaspoon patis
2 teaspoons sugar
2 teaspoons fresh ginger, chopped fine
2 tablespoons soy sauce

Do not remove shrimps from shell. Devein by splitting the back of the shrimp. Combine soy sauce, ginger and marinate for about 1/2 hour.

Saute garlic, fresh shrimps and marinate mixture. Add shrimp sauce or patis, cook till half done, then to bake at 450° in a very hot oven for 8 to 10 minutes.

SHRIMPS WITH CASHEW

1 lb shrimps
1 can peas, drained
1/4 lb roasted cashew
1 med. size onion, diced
1 clove garlic, crushed
Accent
Salt and pepper

Shell, clean and devein, shrimps. Cut lengthwise and set aside.

Saute the garlic, onion, shrimps, peas and cashew. Season with accent, salt and pepper.

SHRIMP GUINATAAN

1 lb shrimps
1 can coconut milk (fresh or frozen)
1/4 c water
Salt and or patis to taste

Do not remove shrimp from its shell. Boil in enough water to cook. Add salt or patis. When almost half done, add the coconut milk and simmer until the milk curdles and is almost dry.

PINEAPPLE SHRIMP ROLLS

Filling:
1 can crushed pineapple
1/4 oz. can water chestnuts, diced
1/3 cup chopped green onions
1 cup bean sprouts, drained
1/2 lb shrimps, chopped and cooked
1 can frozen crescent rolls

Unroll crescent rolls and separate into rectangles. Roll each rectangle on a lightly floured board, 7-9 inches. Cut rectangles into 3 strips. On each strip place a heaping tablespoon of filling in the center and spread lengthwise. Moisten edges. Roll dough over filling lengthwise. Press open ends with the tine of a fork. Place on a lightly greased cookie sheet and bake at 375° 15-20 minutes. Serve with soy sauce if desired.

SHRIMP REBOSADO

1/2 lb. shrimps
1 egg
1/2 c cornstarch
1 lemon
Salt and pepper

Shell shrimps, devein and split back in half, being careful not to separate shrimp. Marinate in lemon juice, salt and pepper for about 15 minutes.

Dip shrimp in batter made from the mixture of the beaten egg and cornstarch. Deep fat fry.

Serve with soy sauce and lemon juice or catsup.

CAMARON REBOSADO WITH HAM

1 lb medium sized shrimps, deveined
2 eggs
1 lemon, for juice
1 lb ham slices
1/2 c cornstarch
Salt and pepper

Devein shrimps and spread open by cutting the back lengthwise. Squeeze the juice of the lemon on the shrimps, add salt and pepper and set aside.

Beat the eggs, add the cornstarch to make a thick batter. When ready to deep fat fry, place a strip of ham under each opened shrimp, dip in batter and deep fat fry.

Serve with pickled radish.

BUTTER FOR FRENCH FRIED SHRIMPS

1 cup flour
1 tsp. vinegar
1/2 tsp. baking soda
Salt to taste

Add water to thickness of heavy pancake batter.

SHRIMPS SAUTED

1 lb. shrimps
1 can coconut milk (fresh or frozen)
1 tablespoon patis
1 clove garlic, crushed

Remove the shrimps from shell, devein and split in half.

Saute garlic, shrimps and coconut milk. Cook until shrimps are done and milk has curdled. Add patis.

JUMBO SHRIMPS RELLENO

1 lb jumbo shrimps
1/4 lb ground pork
1/4 c chopped water chestnut
2 tablespoons chopped onions
1 teaspoon garlic powder
1/4 c chopped cooked ham
1/4 c chopped green onions
2 tablespoons chopped carrots
1 egg
Salt and pepper
Cold fat - (untosinsal, omentum)
Accent
lemon juice

Shell and devein jumbo shrimps, but leave the tails intact. Wash and squeeze some lemon juice, add salt and pepper. Set aside.

Mix ground pork, water chestnut, onion, garlic, ham, green onions, carrots, accent, salt, pepper and the egg.

Lay the split jumbo shrimp on the cold fat, place a tablespoon of the mixture or stuffing and wrap in cold fat to seal. Dip in batter and deep fat fry. Serve with sweet and sour sauce.

Batter - 1/2 c cornstarch
1 egg

Beat the egg and combine with the cornstarch until smooth.

SHRIMPS SINIGANG

1 lb med. sized shrimps
2 lemons
2 med. sized tomatoes, sliced
1 onion
2 cups water
Salt to taste

Clean the shrimps, do not shell. In a sauce pan, place the water, sliced tomatoes, and the juice of the 2 lemons. Cut the onion in quarters add to the water and let it come to a boil. Add the shrimps and season with salt to taste.

JUMBO SHRIMPS ALA WORCESTERSHIRE

1/2 lb. jumbo shrimps
2 tablespoons white wine or Sherry
1/2 c tomato catsup
1/2 green pepper, diced
1/2 sweet red pepper, diced
1 stalk young green onions, cut 1/4 inch long
1 small onion diced
1/4 c flour
4 teaspoons Worcestershire sauce
Salt and pepper

1 tomato diced
1 tablespoon ginger powder
3/4 c. water

Shell the shrimps and devein. Cut in half. Season with wine, salt, pepper and ginger. Marinate for 1/2 hour. Fry in cooking oil until crisp. Place the shrimps in a covered sauce pan and add the worcestershire sauce, tomato catsup, onions, tomatoes, spring onion, green and red pepper and the water. Simmer until done.

SIO MAI

1 cup shrimps, ground fine
1-1/4 cup ground pork
1-1/4 cup water chestnut, chopped fine
1/4 cup green onions, chopped
2 eggs
1 teaspoon salt
1 teaspoon accent
1 teaspoon garlic powder
Salt and white pepper

Combine the above ingredients and blend very well.

Wrap in specially prepared sio mai wrapper, 1 tablespoon to each wrapper. Steam about 15 minutes.

SIO MAI WRAPPER

2 cups flour
1/4 teaspoon salt
2 egg yolks
3/4 cup water

Sift flour and salt together. Break the egg yolks in the 3/4 cup water and add the dry ingredients. Knead until smooth. Roll out on a floured surface till paper thin. Cut into squares or with a round cookie cutter.

Serve Sio Mai with soy sauce and lemon juice.

SHRIMPS SWEET-SOUR BARBECUE

2½ lbs. fresh shrimps
1/2 teaspoon salt or 1/2 teaspoon patis
2 teaspoon fresh ginger, chopped fine
2 tablespoon Sherry wine)
2 tablespoon cider vinegar) sauce
1/4 cup sugar)
1 teaspoon corn starch

Do not remove shrimps from shell. Devein by splitting the back of the shrimp. Combine soy sauce, ginger and marinate for 1/2 hour.

Saute garlic, fresh shrimps and marinate mixture, Add patis and cook till half done. Bake at 450 ° for 8-10 minutes.

Combine the wine, vinegar, sugar and cornstarch. Cook over low heat and stir constantly to keep from sticking to pan, until the mixture thickens. Pour over shrimps and continue to bake 5 more minutes at the same temperature.

SWEET-SOUR SAUCE

2 cups water
1/2 cup catsup
1 tablespoon Worcestershire Sauce
4 tablespoons sugar
2-4 tablespoons vinegar
Plum preserve (optional)
3 tablespoons cornstarch

Mix all the above ingredients, and cook over low heat.

SWEET-SOUR SAUCE

1 bottle apricot preserve, Smuckers
1/2 c. white vinegar
2 tablespoons cornstarch
1 tablespoon Cayenne pepper

Combine all ingredients, place in a sauce pan and bring to a boil.

Serve with shrimps rebosado, French fried shrimps or shrimps rellenado.

KILAWIN TALABA (Oyster)

1 pint oysters
1/2 c vinegar (white)
5 challots (small purple onions)
2 cloves garlic, crushed
Salt to taste

Bring vinegar, garlic, onions and salt to a boil. Add the oysters then bring to a boil. Remove from heat.

PANSIT LUG-LUG

1/2 cup shrimps
1/2 cup tinapa (smoked fish)
1 head garlic
1 c. bacon rind (chicharon)
2 tablespoons achuette juice, drained
1 can crab meat
1 lb rice sticks
1/4 c. chopped green onions
2 hard boiled egg
1 lemon
1/4 cup cooked squid
2 tablespoons chopped onions
2 tablespoons cornstarch

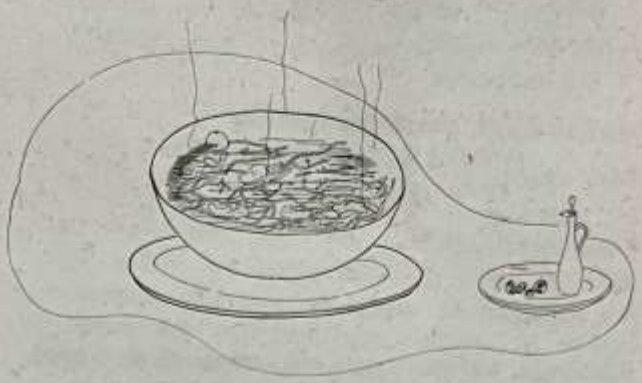
Prepare the following:

1. Devein and clean shrimps, then cut into small pieces, and fry.
2. Flake the tinapa into small pieces.
3. With a rolling pin, crush the chicharon.
4. Soak the achuette in 1/2 c water with a few drops of lye water.
5. Crush garlic and brown,

PALABOK

Saute, onions, add about 1 tablespoon of the brown garlic, flake the crab meat, add 2 cups of water, the achuette and thicken with cornstarch. Add salt and pepper to taste. Set aside.

Boil enough water to simmer the rice noodles. Use a strainer or a colander to dip the noodles in the boiling water. Drain. Pour the noodles into a platter, cover with the palabok, the crushed chicharon, the tinapa, squid, chopped green onions, garlic, shrimps and slice the egg to garnish. Serve with slices of lemon and patis.



PANSIT MAMI

1/2 lb fresh miki
1/2 cup shredded pork (cooked)
1/2 cup cooked chicken meat, flaked
2 tablespoons chopped green onion leaves
1 clove garlic
3 cups chicken stock
1 teaspoon accent
Salt and white pepper

Boil the pork and chicken in water, add salt and accent, cook until tender. Saute garlic, until brown, add the chicken and the pork that has been drained from the stock and cover. Boil enough water to cook the miki. Place miki in individual bowl, and pour some of the stock, add the sauted pork and chicken. Garnish with chopped green onion leaves. Serve hot.

PANSIT MOLO

1 cup ground pork
1 cup ground cooked chicken
1/2 cup cooked shrimps and cut in small pieces
1/2 c water chestnut diced fine
1 small onion, diced
3 tablespoons chopped green onions

1 egg
3 tablespoons chopped celery
1 teaspoon accent
Salt and pepper

Combine all the above ingredients.

Molo wrapper
2 cups flour
1/4 teaspoon salt
2 egg yolks
3/4 c. water

Beat eggs, add the water, salt and the flour. Knead until smooth. Roll out on a floured board until paper thin. Cut in 2 inch squares.

Place a teaspoon of the filling on each square and drop in a sauce pan with chicken broth, about 3 cups. Simmer about 10-15 minutes.

PANSIT CANTON

1 lb. large shrimps
1 large chicken breast
1 medium sized carrot, cut in 1/4 inch circles
2 stalks celery
1/4 of a med. sized cauliflower
1/8 of a med. sized cabbage
2 tablespoons cornstarch
1/2 lb canton noodles
1 tablespoon accent
Salt and white pepper
1 clove garlic, crushed
1 onion, cut in quarters

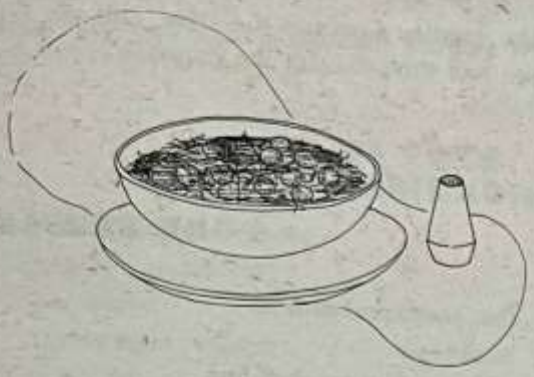
Shell, clean and devein shrimps. Cut lengthwise and set aside. Cut chicken breast in small pieces.

Saute the garlic, celery, carrots, shrimps, chicken breasts and cook about 3/4 done. Add the cauliflower and the cabbage. Season with accent, salt and white pepper. In 1/4 cup water, stir in the cornstarch and pour over the sauted meat. Add the onions, cover, simmer 1-2 minutes. Place canton noodles on top of sauted meat, cover and simmer 3 more minutes. Serve hot.

PANSIT GUISADO

1/2 c. boiled chicken
1/2 c. boiled pork
1/2 c. cooked ham
1/2 lb shrimps
2 cups cabbage, shredded
2 tablespoons soy sauce
2 cloves garlic, crushed
1 onion, sliced
1 teaspoon accent
1 lb. miki (Chinese noodles or
1/2 lb. Hongkong Noodles
Salt and pepper
Lemon

Clean and cut chicken in strips. Boil the pork until tender, then cut into narrow strips. Clean shrimps, devein, split lengthwise, cut the ham in narrow strips. Saute the crushed garlic, all the chicken, pork, ham and shrimps and simmer until all ingredients are cooked. Season with soy sauce and accent. Add the noodles, and the shredded cabbage, simmer only until the cabbage has wilted. Add salt and pepper to taste. Serve with lemon slices.



ALMONDIGAS

1/2 lb. ground pork
1 egg
1 tablespoon chopped celery leaves
1 tablespoon chopped onions
1 teaspoon garlic powder or 1 clove garlic
Salt and pepper
1/2 c. misua
1/2 teaspoon accent

Beat the egg, add the pork, celery, onion, garlic, salt and pepper. Shape into small balls about the size of a walnut.

Boil 3 cups of water, add the accent and drop the pork balls. Add the misua and simmer 5 more minutes. Add salt to taste.

BACHOY

1/2 c. pork tenderloin
1/2 c. pork liver
1/2 c. pork kidney
1 clove garlic, crushed
1 med. size chopped onion
1 small piece ginger cut in fine strips
2 tablespoons patis

Saute the garlic, onion, ginger and add the tenderloin, kidney and liver. Season with patis. Add the water (3 cups) and simmer until the meats are done. Add a few green pepper leaves before serving.

CARNE FRITA (Pork)

1 lb. of pork, sliced thin
Bread crumbs
Salt and pepper

Bread the pork that has been sliced thin. Season with salt and pepper, and fry until done.

Garnish with fried potato cubes.

CHICHARON-BABOY

Boil water with salt. Drop pork skin and simmer until tender, but not overcooked. Drain and dry.

Deep fat fry pork skin until crisp.

Broth from the pork skin, strained in cheese cloth can be used for soups.

CRISPY PATA

1 pig's feet, (knuckles) medium sized
Salt
Bay leaf

Boil pata in enough water, add salt, bay leaf and cook until tender.

Deep fat fry until the skin is crispy.

Serve with atchara.

DINUGUAN (BLOOD PUDDING)

4 cups hogs internal organs
1½ cups of hog blood
1/2 c. white vinegar mixed with
1 tsp. salt and
1 cup water

1 small onion, diced
1 clove garlic, crushed
2 hot peppers
3½ cups water

Clean and cut the internal organs into small pieces. Simmer in low heat with vinegar until tender. Set aside.

Saute the garlic, onions, and add the boiled internal organs, cook about 5 minutes. Add the blood and stir constantly to prevent the blood from coagulating. Add the water, and season with salt and cook about 10 minutes more, then add the hot pepper before removing from the heat. Serve hot with puto.

EMBUTIDO

2 lbs. ground pork
1/2 c. milk
2 Chorizo de Bilbao, ground
2 eggs beaten

3 *tablespoons relish*
1 *box seedless raisins*
Salt and white pepper

Mix all ingredients. Wrap in untosinsal (cold fat, omentum) and seal very well. Place in a saucepan with just enough broth to cover, bring to a boil and simmer until done. Cool. Slice and serve.

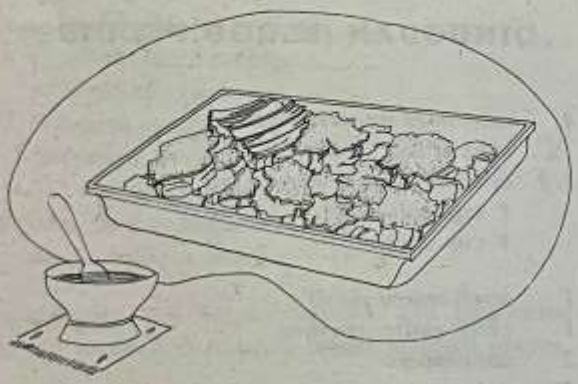
KILAWIN-HOG EARS AND SNOUTS

1 *lb. hog ears or snouts (nguso)*
1 *crushed clove of garlic*
1 *med. size onion*
1/2 *cup soy sauce*
1/4 *cup white vinegar*

Clean the hog ears and snouts and boil until tender. When cooked, cut into serving pieces.

Mix the vinegar, soy sauce, garlic and onion and serve with the kilawin.

Serves four.



LECHON

3-4 *lb. pork shoulder*

Bake pork shoulder at 375° for about 2-3 hours until the skin is brown and crisp.

Serve with lechon sauce.

LECHON SAUCE

1/2 *lb. chicken livers*
1/2 *cup white vinegar*
1 *tablespoon cornstarch*
Salt and white pepper
2 *tablespoons sugar*

Boil the vinegar. Add the sugar, salt and pepper. Set aside.

Broil the chicken livers, half done. Extract the juice by pressing into a sieve or strainer to take out the gristle. Combine the liver with the vinegar mixture and thicken with the cornstarch. Serve with the lechon.

LONGANISA (SEASONED PORK SAUSAGE

2 *lbs. pork meat with fat*
1/2 *c. vinegar*
1 *clove garlic, crushed fine*
2 *teaspoons paprika*
1/4 *teaspoons Salt pepper*
Sugar
Salt and Pepper to taste

Cut the pork into small pieces. Add the vinegar, salt, pepper, sugar, paprika and the Salt pepper and mix well. Let stand for one hour. Fill sausage casing with the filling, tie both ends and dry in the sun.

MENUDO

2½ *cups pork tenderloin, diced*
1 *cup diced liver*
3 *diced potatoes*
1 *small can skinned garbanzos*
1 *medium sized tomato*
2 *cloves garlic*
1 *med. onion, sliced*
1 *teaspoon paprika*
Salt to taste

Boil the pork until it is tender. Dice. Saute the garlic, onion and tomatoes. Add the pork and liver and continue to cook about 5 more minutes. Add the water, salt and paprika. Add the cubed potatoes, and the garbanzos. Cook until the potatoes are done.

PAKSIW NA LECHON

2 *lbs left over lechon*
1½ *c. lechon sauce*
2 *cups water*
1 *bay leaf*
2 *tablespoons oregano*
8 *peppercorns*
3/4 *c. white vinegar*
2 *cloves garlic, crushed*

4 tablespoons sugar
Salt

Cut the cooked lechon in serving pieces.

Mix all the above ingredients together and simmer with the meat about half an hour over low heat.

PAKSIW NA PATA

3 medium size pork hocks
1/3 c. white vinegar
1 bay leaf
2 tablespoons oregano
1/4 c. soy sauce
3 tablespoons sugar
2 cups water
Salt and 8 peppercorns
1 clove crushed garlic
1 medium sized tomato
1/4 cup banana blossoms

Clean the pork hock. Place in a pressure cooker with the remaining ingredients and cook about 25 minutes at 15 lbs. pressure.

PORK ADOBO

1 pound lean pork
1½ c. water
2 cloves fresh garlic, crushed
8 peppercorns
1/2 c. white vinegar
Salt

Clean the pork and cut into serving pieces.

In a skillet, place the water, vinegar, pork, crushed garlic, peppercorns and season with salt to taste. Simmer the mixture until the pork is brown done.

Serve with achara or fresh tomatoes.

PORK INIHAW (Broiled)

1 lb. pork cut thin strips or cut in serving pieces
2 cloves crushed garlic
1/2 c. white vinegar
Salt and Pepper

Slice the pork thin for serving. Marinate in the mixture of vinegar, garlic, salt and pepper overnight.

If you are using a barbecue grill, lay the strips on the grill. If the bamboo sticks are available, pierce each small piece with the stick and lay on the grill to broil.

PORK INIHAW (Hawaiian) style

1 lb. pork cut in desired serving pieces
3 tablespoons soy sauce
3 cloves garlic
1 small piece of fresh ginger, crushed
2 tablespoons sugar
Salt and pepper

Slice pork thin and in small pieces for serving. Marinate in a mixture of soy sauce, vinegar, sugar, garlic, salt, ginger and pepper overnight.

Broil as desired.

PORK - SINIGANG IN TAMARIND (Sampaloc)

1 lb. Pork necks
1 medium sized onion
3 pieces canned sampaloc
3 Chinese potatoes (gabi), cut in quarters
Water cress (Kangkong)
Salt or patis
2 med. sized tomatoes
2-3 cups rice water

Clean the pork, place in a sauce pan and simmer until tender. Add the sliced tomatoes, onion and salt, or patis. If the sampaloc is soft, squeeze out the juice and add to the gabi and pork. Cover the mixture with the rice water, bring to a boil, then add the water cress.

This can be used for beef also.

Lemon juice or 1/2 can of camias can also be used for sinigang to make the broth sour.

PORK STRIPS

2 lbs. fresh pork tenderloin meat
2 tablespoons soy sauce
2 tablespoons Hoisin sauce
1 tablespoon sugar
1 tablespoon honey
2 tablespoons sherry
1 tablespoon garlic powder

Trim the fat and gristle from the meat. Combine the soy sauce, sugar, honey, garlic powder, sherry,

hoisin sauce and marinate the pork tenderloin strips overnight. Place the pieces of meat on a roast pan containing 1-2 cups water and roast slowly at 300° for 2 hours or until done. Do not let the meat touch the water. Add more hot water if necessary to keep the liquid during cooking. When halfway through cooking, turn meat and brush with the marinade and cook until done.

PORK TAPA

1 lb. pork, sliced thin
2 cloves crushed garlic
1/2 c. white vinegar
Salt

Marinate the thinly sliced pork in the mixture of garlic, vinegar and salt, ovemight. Dry in the sun before frying.

SPARERIBS

3 lbs. spareribs - beef or pork
1/4 cup soy sauce
1 small can tomato paste
1/2 c. white vinegar
1/4 c. water
2/3 c. brown sugar
1 piece medium sized fresh ginger

Wash and cut ribs into serving pieces. Marinate in the vinegar, soy sauce water, sugar and crushed ginger mixture about 1/2 hour. Remove the ribs from the marinade mixture, add the tomato paste to the liquid. Parboil the ribs for 15 minutes. Place the ribs in a broiler pan and bake at 350° for 20 minutes. Brush with the marinade mixture, turn ribs and continue to cook until the ribs are done.

BARBECUED SPARERIBS

2 lbs spareribs, pork
5 tablespoons Hoisin sauce
1 teaspoon garlic powder
3 tablespoons soy sauce
2 tablespoons dry sherry
1 tablespoon sugar

Trim the fat and gristle from the ribs. Cut off soft bone and slash through about 1½ inches between thicker ends of bones for more flavor and even cooking. Combine the soy sauce, Hoisin sauce, sherry, garlic powder and sugar in a large bowl. Rub the pieces with the above mixture and set aside to marinate for at least one hour.

Place the pieces on a rack in a roasting pan containing 1-2 cups of water and roast slowly at 350° for 50 minutes or until done. Do not let ribs touch the water and add more water if liquid has evaporated. Brush ribs occasionaly with the mixture and turn over. When done, remove the water and transfer to a 450° oven and brown both sides about 15 minutes. Cut into strips between bones and serve with mustard sauce.

SPARERIBS CANTONESE STYLE

4 lbs. spareribs cut in serving pieces
3/4 c water
1 cup orange marmalade
1 clove garlic, crushed
2 teaspoons fresh ginger
1/2 cup soy sauce
Pepper

Place spareribs meaty side down, in a shallow roasting pan. Roast in a very hot oven, 450° for 30 minutes. Remove meat from oven, drain the fat from the ribs. Turn ribs, meaty side up. Lower oven temperature to 350° and continue roasting for 1 hour. Pour orange marmalade sauce over ribs, broil 30 minutes longer or till tender, basting occasionally with the sauce.

Orange Marmalade Sauce

Combine soy sauce, water, orange marmalade, garlic, pepper and crushed ginger. Blend thoroughly. Bring to a boil.

SWEET-SOUR PORK

1 lb. pork
2 eggs
1/2 c. cornstarch
Salt
3 tablespoons soy sauce
1 med. sized can pineapple chunks
1 green pepper
1 medium sized tomato
1 carrot, cut in small pieces
1 small can water chestnut, cut in quarters
1 clove crushed garlic

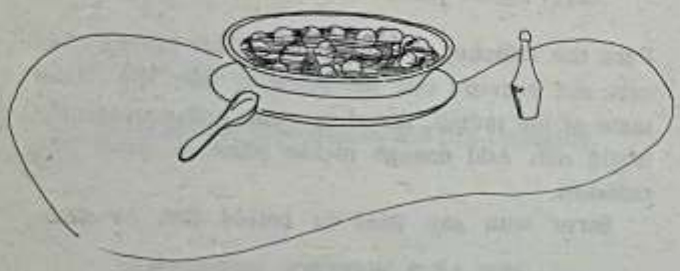
Beat the eggs, add the cornstarch and salt. Dip

the pork cut in bite size pieces in the batter and deep fat fry. Set aside.

Saute the garlic, carrot and water chestnuts. Add soy sauce and juice from the pineapple. Thicken with cornstarch.

Boil green pepper in enough water to cover for five minutes. Drain immediately.

Combine the green pepper, the pineapple chunks, the pork, and pour the sauted mixture over it, top with a quartered fresh tomato.



SWEET AND SOUR MEATBALLS

2 tablespoons cornstarch
2 tablespoons sugar
1/2 teaspoons accent
1 chicken bouillon cube
1/2 c. water
1/3 c. white vinegar
1 c. pineapple juice
2 tablespoons soy sauce
1 tablespoons butter
1/2 lb. cooked meat balls (pork)
1/2 lb. cooked shrimps
1/2 lb. chicken livers and gizzards, cooked

Combine first 9 ingredients, cook and stir until mixture comes to a boil. Add the meatballs, shrimps, chicken livers and gizzards and simmer 5 more minutes.

CORN RELISH

1 tsp. salt
1/2 cup sugar
1/2 cup cider vinegar
1 cup cooked or canned corn
1 med. onion, diced
1 med. green pepper, diced
1/4 cup finely diced pimiento
Dash hot pepper sauce (Tabasco)

Combine salt, sugar and vinegar in sauce pan. Bring to a boil. Add corn, onion, green pepper and boil for 5 minutes. Stir in hot pepper sauce and pimiento to taste. Makes 4 cups.

SALTED EGGS

1 cup salt to every 5 cups of water. Make enough to cover the eggs and let it stand in the mixture for 21 days. Boil the eggs after removing from the water.

Use only ducks eggs. If chicken eggs are used soak only 15 days.

BURONG MUSTASA (Mustard leaves)

5 fresh mustard plants
1/2 cup salt
Rice water

Clean the mustard leaves and cut off the root. Shake all the water out and set aside. Put some salt on the leaves, squeeze out the juice and let it rest for about 5 minutes. Rinse the salt out. Simmer the rice water and cool. Add some salt to the mustard leaves, arrange in a jar and pour the rice water enough to cover it. Marinate for 2 days.

ACHARANG LABANOS (Radish)

4 Medium sized white radish
Salt
Sweet Pickle Juice

Pare the radishes. Slice in thin short pieces. Add salt and squeeze out the juice to take the bitter taste of the radish. Rinse in water and squeeze the liquid out. Add enough pickle juice to cover the radishes.

Serve with any fried or boiled fish or meat.

CHICKEN SALAD

2 chicken breasts, cooked and flaked
2 tablespoons sweet relish
1 med. sized onion, chopped fine
1/4 cup mayonnaise
1/4 cup chopped celery
1 hard boiled egg, chopped
Salt and white pepper to taste

Combine the above ingredients.

If desired, add a dash of garlic powder. Chill.

EGG SALAD

4 hard boiled eggs, chopped
1/4 cup mayonnaise
1/4 cup sweet relish
1/4 cup chopped celery
1/4 cup chopped onions
Salt and white pepper

Combine all the ingredients and mix throughly. Chill.

MIXED FRUIT SALAD

1/2 can firm sliced peaches
1/2 can pineapple chunks
1/2 can peeled apricots
1/2 lb peeled red grapes
2 fresh pears, cut in small pieces
2 fresh apples, cut in small pieces
1 small bottle maraschino cherries (cut in halves)
2 cans Nestles cream

Cut all fruits in even sizes. Add the Nestles cream and blend thoroughly and place in freezer. Stir the salad occasionally and place in refrigerator before serving, remove from freezer about half an hour.

LETTUCE SALAD With Shrimps

Shell, clean and cook shrimps. Clean and separate lettuce leaves. Cut and remove center part of the lettuce leaf. Place in a serving dish. Arrange the shrimps on top of the leaves. Garnish with sliced white onions and tomatoes.

Before serving, combine 1/4 cup cider vinegar, salad oil 2 tablespoons salt and pepper. Use this dressing for the lettuce.

Refrigerate before serving.

MACARONI SALAD

1/2 macaroni
1/4 cup mayonnaise
1/4 cup chopped onions
1/2 can pineapple chunks
Salt and pepper (white)

In a quart size pan, boil some water and add a pinch of salt. When the water is boiling, add the macaroni and cook until done. Rinse in cold water and set aside.

Combine the remaining ingredients, add the macaroni, season with salt and white pepper and chill.

POTATO SALAD

4 boiled potatoes, cut in cubes
1/4 cup chopped onions
1/4 cup chopped celery
4 hard boiled eggs
1/4 c sweet relish
1/4 c chopped green peppers
4 crisp strips of bacon
1/2 cup mayonnaise
Salt and white pepper.

Combine all the above ingredients and chill.

TUNA SALAD

1 can (6 oz) tuna chunks, flaked
1/2 med. sized chopped onion
1 hard boiled egg, chopped
1/4 cup chopped celery
3 tablespoons mayonnaise
Salt and white pepper

Combine all the above ingredients and chill.

WASHINGTON WALDORF MALLOW SALAD

1 envelope Knox gelatin
1 cup cold water
1 tablespoon lemon juice
1/2 cup Miracle whip salad dressing
1-3 oz package Philadelphia Cream Cheese
2-3 oz package lime gelatin
2 cups boiling water
1½ cups cold water
1 cup cubed apples
1½ cup thinly sliced celery
1/4 cup chopped nuts
1 cup miniature marshmallows

Soften gelatin in cold water and lemon juice. Stir over low heat until dissolved. Gradually add salad dressing to softened cream cheese, mix well until well blended. Stir in gelatin. Pour in 1½ quart mold. Chill until almost firm.

Dissolve lime gelatin in boiling water, stir in cold water, chill until thickened and fold in apples, celery, nuts and marshmallows. Pour over molded. layer. Chill until firm. Garnish.

ASPARAGUS CHICKEN SOUP

1 cup boiled flaked chicken
1 small can Cream of Asparagus Soup
1 cup water
1 teaspoon accent
Salt and white pepper

In a sauce pan, combine the cream of asparagus soup and the water. Add the flaked tender chicken. Season with salt, pepper and accent.

BRAIN SOUP

Clean the brain. Cut into serving pieces.

Saute 1 clove crushed garlic, 1/4c finely chopped onion and add the brain pieces. Simmer in 3 cups water, add 1/4 package of misua, and bring to a boil. Serve hot.

SAUTED AMPALAYA

3 med. size ampalaya
1/2 lb shrimps
1/2 lb pork, cut into small pieces
1/2 onion, diced
1 med. size tomato, chopped
1 clove garlic, crushed
1 tsp. accent
Salt and pepper

Shell, clean and devein shrimps. Cut lengthwise. Place pork in a sauce pan, cover with enough water, cook until tender. Cut the ampalaya lengthwise, remove the seeds and cut thin at an angle. Sprinkle with salt, squeeze the bitterness of the ampalaya, rinse with water very well.

Saute the garlic, onion, tomato, pork, shrimps, season with accent, salt and pepper. Place the ampalaya on top of the sauted meat, do not stir, cover and simmer about 5 minutes, remove from heat.

SAUTED CABBAGE

1/2 cabbage
1/2 lb shrimps
1/2 lb pork, cut in small pieces
1 clove garlic, crushed
1 med. sized onion, diced
1 medium sized tomato, chopped
1 tsp. accent
Salt and pepper

Clean, and devein shrimps. Cut lengthwise, set aside. Place pork in a skillet and cover with enough water to cook until tender. Cut into small pieces. Cut cabbage in small pieces. Saute garlic, onion, tomatoes, pork and shrimps. Add the cabbage accent and season with salt and pepper. Simmer about 5 minutes, or until cabbage is cooked.

SAUTED CHICHARO WITH SOTANGHON

Pea Pods with Noodles

1 lb fresh chicharo
1/2 lb shrimps, shelled and deveined
1/2 lb pork, cut into short narrow strips
1 small onion, diced
1 clove garlic, crushed
Sotanghon
Patis
White Pepper
Accent

Clean and devein shrimps and cut lengthwise. Boil the pork until tender and cut in small narrow pieces.

Soak the sotanghon in water until ready to cook.

Saute garlic, onion, pork, shrimps and add the pea pods, cover for about 5 minutes, season with patis and pepper and the accent to bring out the flavor of the pea pods. Drain the sotanghon, cut into short pieces and add to the meat. Bring to a boil and serve hot. Do not over cook the pea pods.

SAUTED YOUNG CORN

4 ears young corn
1/2 lb shrimps
1 clove garlic, crushed
1 small onion, diced
Accent
Salt or patis
White pepper

Remove the corn from the cob by running a sharp knife lengthwise from (top to bottom) of cob.

Shell and devein the shrimps, cut into small pieces.

Saute the garlic, onion, add the shrimps and the corn. Simmer until the corn is cooked. Season with salt or patis and white pepper. Add the accent last.

STUFFED EGGPLANTS

4 medium sized eggplants
1 lb ground pork
1 clove garlic, crushed
1/2 med. size onion, chopped
1 small tomato, chopped
2 eggs
Salt and pepper

Boil eggplants until cooked and remove the skin. Split lengthwise and set aside.

Saute crushed garlic, onions, ground pork, salt and pepper to taste, and cook until the pork is done.

Separate yolk of eggs. Beat the whites stiff, add the yolks and continue beating.

Place part of beaten eggs on a saucer, spread the eggplant over it and fill it with the sauted pork, then cover it with beaten eggwhites. Fry in a small amount of fat on both sides.

SAUTED GREEN BEANS

1 lb green beans
1/2 pound shrimps
1/2 pound pork
1 clove garlic, crushed

1 small onion, diced
1 small tomato, chopped
1 tsp. accent
Salt and pepper

Shell, clean and devein shrimps. Cut lengthwise. Place pork in enough water and cook until tender. Cut into small pieces.

Cut green beans at an angle after removing both ends.

Saute garlic, onion, pork, shrimps and add the green beans. Season with accent, salt and pepper. Simmer for about 5 minutes or until beans are done. Remove from heat.

ADOBONG LABONG (Bamboo Shoots)

1 big can of Bamboo Shoots
1/2 c pork, boiled tender & cut in small pieces
1/2 c shrimps
2 cloves garlic, crushed
4 tablespoons vinegar (white)
1 med. sized onion, chopped
3 tablespoons patis
5 tablespoons fat
Salt and pepper

Saute garlic and onion, add the pork and shrimps and continue to cook until shrimps are done. Season with patis, then add the bamboo shoots. Simmer until the bamboo shoots are cooked, then add the vinegar. Continue to cook until almost all the liquid has evaporated. Season to taste.

BUQUILLOS (Lumpia Frito)

1/2 lb ground pork
1/2 c shrimps
1/4 med. sized cabbage, cut fine
1 small onion, sliced
2 cloves garlic, crushed fine
2 tablespoons soy sauce
1/2 c chopped celery leaves
1 cup potatoes, cubed small
Cooking oil
Lumpia wrapper
Salt and pepper

Place ground pork in a frying pan and cook till done. Add the garlic, onion, shrimps, cubed potatoes, celery, soy sauce, salt and pepper. Cool. Wrap in prepared lumpia wrapper and deep fat fry. Serve with vinegar, salt and crushed garlic.

FRESH LUMPIA LABONG

1/2 lb shrimps
1/4 lb pork
1 big can of bamboo shoots
1 clove garlic, crushed
1 small onion, diced
1 teaspoon accent
Salt and pepper

Devein shrimps and cut into small pieces. Wash pork and cook in a small amount of water until done, then cut into small pieces. Cut bamboo shoots in thin long strips.

Saute garlic, diced onions, shrimps, pork about 10 minutes, then add the bamboo shoots, accent, salt, and pepper. Cook for another 5 minutes.

When ready to wrap, drain very well.

On a plate lay each wrapper, place a segment of lettuce leaf, put about 2 tablespoons of the filling on top of lettuce leaf on the middle of the wrapper and roll. Seal with the sauce and place edges down.

Serve with lumpia sauce and crushed fresh garlic.

LUMPIA SAUCE

4 tablespoons cornstarch
1/3 c brown sugar
1/2 c soy sauce
1½ c water

Combine cornstarch, sugar, soy sauce and water. Cook over low flame, constantly stirring to prevent lumps. When done, serve with crushed garlic.

FRESH LUMPIA WRAPPER

1 cup flour
1 egg
1 cup water

Mix the above ingredients until very smooth.

Using a brush and a teflon pan, brush the mixture on a greased pan. When sides start to lift, continue to lift dough, return to pan if center is not done or dry.

LUMPIA WRAPPER

3/4 c corn starch
2 cups water
3 eggs
1/4 c all purpose flour

Mix all ingredients. Using a teflon pan and medium heat, place about 3 tablespoons of the above mixture and spread throughout the pan. Remove when done. Place a piece of wax paper between layers to stack.

LUMPIA SHANGHAI

1/2 lb ground pork
1/2 lb shrimps chopped fine
1/2 c water chestnuts, chopped
1/2 c green onions, chopped fine
1 teaspoon accent
1 egg
1 tablespoon soy sauce
Salt and pepper
Wanton wrapper

Combine the first five ingredients, season with salt and pepper to taste. Blend the egg, set aside.

Place a level tablespoon of filling on each wanton wrapper, seal with a few drops of water.

Deep fat fry and serve with sweet-sour sauce.

MONGO GUISADO

1/2 lb shelled shrimps, cut in pieces
3/4 c mongo
1 clove garlic, crushed
1 small onion diced
2 smoked fish (Tinapa) flaked
1 med. sized tomato, chopped
Ampalaya leaves - Optional
Patis

Soak green mongo over nite in water. Wash and boil until mongo is done.

Saute the garlic, onion, tomato, shrimps, add the tinapa and the mongo last. Season with patis. If the ampalaya leaves are available, add the leaves, cover and simmer about 5 minutes.

STUFFED PEPPERS

2 medium sized green peppers
1 lb ground pork
1 clove garlic, crushed
1 small onion, diced
2 eggs
Salt and pepper

Cut the green peppers in half and remove the seeds. Boil enough water to cover the peppers. When the water is boiling, drop the pepper and cook for 5 minutes. Drain and set aside

Saute the garlic, onions, pork and season with salt and pepper, cook until done.

Separate the egg yolks from the whites. Beat the whites until stiff and add the yolks.

Fill each half of the pepper with the meat mixture, add beaten eggs and fry each half until the egg is done.

KILAWIN LABANOS (Radish)

6 medium sized radishes
1/2 c shrimps
2 tablespoons vinegar
1/2 c cut pork in strips
1 clove garlic, crushed
1 med. sized onion sliced
1 med. sized tomato sliced
1 tablespoon cooking oil
Salt and pepper

Pare radish and slice very thin. Put some salt over the radish and work on it to extract the bitter juice of the radish. Rinse in water. Drain and set aside.

Saute the garlic, onion, tomato, and the pork. Cut the shrimps lengthwise and add to the sauted pork. Simmer until done. Season with salt and pepper. Add the radish, cover and simmer about 10 minutes. Add the vinegar and pepper, bring to a boil.

SAUTED SITAO (Yard long beans)

1 bunch sitao (yard long beans)
1 clove garlic, crushed
1 med. sized onion, diced
1/2 lb shrimps, shelled and cut in pieces
1 med. sized tomato, chopped fine
1/4 lb pork, cut in small pieces
Accent
Salt or Patis to taste

Boil pork until tender, cut in small pieces. Saute, the garlic, onions and tomatoes. Add the shrimps and the pork and the sitao cut in 2 inch lengths. Season with accent, salt or patis to taste.

SQUASH WITH COCONUT MILK

1 Winter Squash, medium sized
2 cloves garlic, crushed
1/4 lb shelled shrimps, cut lengthwise
1 can coconut milk
Accent
Salt and pepper

Pare and cut squash into cubes. Saute the garlic, shrimps, then add the squash cover and simmer until the squash is almost done. Add the coconut milk, season with salt and pepper and simmer a few more minutes, stirring well.

BULANGLANG

1 cup squash (kalabasa)
1 cup upo (Gourd)
1/2 tablespoon bagoong
1 square bean curd (Tokwa)
1 small onion
1 small tomato
1 cup rice water
1 tablespoon Patis

In a sauce pan, combine the tomato, onion, bagoong and the kalabasa cut in squares. Add the rice water and simmer, for about 5 minutes. Add the tokwa, and the upo and when the upo is cooked, season with salt or patis to taste.

CHOP SUEY

1/2 lb shrimps, deveined
1 medium sized breast of chicken
1 cup cooked pork or chicken livers and gizzards
1 small green pepper
1 clove garlic, crushed
1 med. sized carrot
1½ cups celery
1 med. onion
1/4 of a medium sized cabbage
1½ cups cauliflower
1/4 cup soy sauce
1/2 cup water
2 tablespoons cornstarch
1 teaspoon accent
Salt and pepper

Shell, clean and devein shrimps. Cut lengthwise and set aside. Cut the chicken in small pieces. Cook the chicken gizzards until tender, and cut the same size as the chicken breast.

Prepare the vegetables. Cut the pepper in quarters lengthwise and then cut crosswise. Cut the celery lengthwise and slice in medium sizes. Cut the celery at an angle in medium sizes and do likewise with the cabbage and the cauliflower. Onions should be cut in quarters.

Saute the garlic, cauliflower, celery shrimps and chicken and cook until half done. Add the carrots, cover, and cook for 5 minutes. Add the onions, green peppers and the cabbage last. Prepare the sauce, by combining the soy sauce, water and cornstarch. Pour over the sauted mixture, add accent and season with salt and pepper, simmer for about 2 minutes and remove from heat.

LUTONG MACAO

1 lb hog maws (hog stomach)
1 medium sized zuchinni
1 union cut in quarters
1 clove garlic, crushed
1/4 medium sized cabbage
1 cup sliced celery
2 tablespoons cornstarch
1/2 c water
Salt and pepper
Accent

Boil the hog maws until 3/4 done. Drain. Set aside the broth. Cut into small pieces.

Saute the garlic, onions, celery, hog maws and cook about 2-3 minutes. Add the zuchinni, cabbage and the onions, cover and simmer for another minute. Season with the accent, salt and pepper. Combine the water and cornstarch and pour over the sauted mixture and cook one more minute. Remove from the heat. Serve hot.

UKOY

1 lb bean sprouts (togue)
12 med. sized shrimps with shell
1 bean curd, cut in thin pieces (tokwa)
1/4 lb ground pork
1/4 cup bagoong

BATTER

1 cup cornstarch
2 eggs
1 tablespoon accent
1 tablespoon achuette (Anato)

Beat the eggs very well, add the cornstarch, accent and the juice of the achuette.

In a saucer, place 2 tablespoons of the batter, arrange the togue, shrimp, bean curd, ground pork and 1/2 teaspoon of bagoong. Cover with 2 tablespoons of the batter and deep fat fry. Serve hot with white vinegar, salt and crushed garlic.

PINAKBET

3 med. sized eggplant
1 med. sized ampalaya
1 large tomato
1 onion
3 tablespoons bagoong
1 cup pork, diced
2 cloves garlic, crushed
1 cup rice water

Cut the eggplants lengthwise and then cut crosswise. Prepare the ampalaya the same way.

Saute the garlic, onion, tomatoes, bagoong and the pork. Simmer until the pork is done. Add the eggplant, and the ampalaya, cover with the rice water and simmer until the vegetables are done. Season if necessary with patis.

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